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Monday



Citigroup is seeking a lifeline from the government.

Savings Plan: U.S. weighs bailout for ailing Citigroup | 3

Chavez Test: Venezuelans head to polls in key elections | 8



McBenched: McNabb gets pulled in loss to Ravens | 17

ENTERTAINMENT

Family Fun: Reese Witherspoon is forced to go home for the holidays in 'Four Christmases.' Plus, 50 years later, Holly Golightly is still adored.



>> 20-26

Obama Recovery Plan Touted

Transition team urges quick passage of spending program

WASHINGTON | After more than two weeks of virtual silence on the economy, President-elect Barack Obama's transition team burst on the scene with new ambition and urgency Sunday, demanding swift passage by Congress of a massive two-year spending and tax-cutting recovery program.

Obama aides called on lawmakers to pass, by the Jan. 20 inauguration, legislation that meets Obama's two-year goal of saving or creating 2.5 million jobs. Democratic congressional

leaders said they would get to work when Congress convenes Jan. 6.

Though Obama aides declined to discuss a total cost, it probably would far exceed the \$175 billion he proposed during the campaign, but would not immediately seek to raise taxes on the rich. With the wounded economy worsening, the Obama team's new assertiveness was a recognition he needed to soothe financial markets with signs of leadership.

Obama planned to introduce his economic



Obama

team on Monday, including Timothy Geithner as treasury secretary and Lawrence Summers as head of the National Economic Council. Obama also has settled on New Mexico Gov. Bill Richardson as his commerce secretary. "We don't have time to waste here," Obama senior adviser David Axelrod said. "We want to hit the ground running on January 20th." JIM KUHNHEHN (AP)

Portis Lifts Redskins Past Seahawks, 20-17



ON THE RUN: Clinton Portis carries the ball on a 20-yard gain in Washington's 20-17 win over the struggling Seahawks at Seattle's Qwest Field Sunday. The win kept the Redskins in the NFC playoff mix despite two consecutive losses in the previous weeks. ♣ **Seattle's best:** Springs, Zorn top former team | Page 15



DO YOU THINK IT'S TOO EARLY FOR RADIO STATIONS TO BE PLAYING CHRISTMAS MUSIC? ☐ A YES ☐ B NO

TO CAST YOUR VOTE, VISIT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR FRIDAY POLL RESULTS, SEE PAGE 36



MONDAY
51/36



TUESDAY
47/32



WEDNESDAY
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TODAY: Increasingly cloudy and mild; rain continuing in the evening | 38

eyeOpeners

TECHNOLOGY

Cell Phone: 'Sorry, But It Was Too Easy'

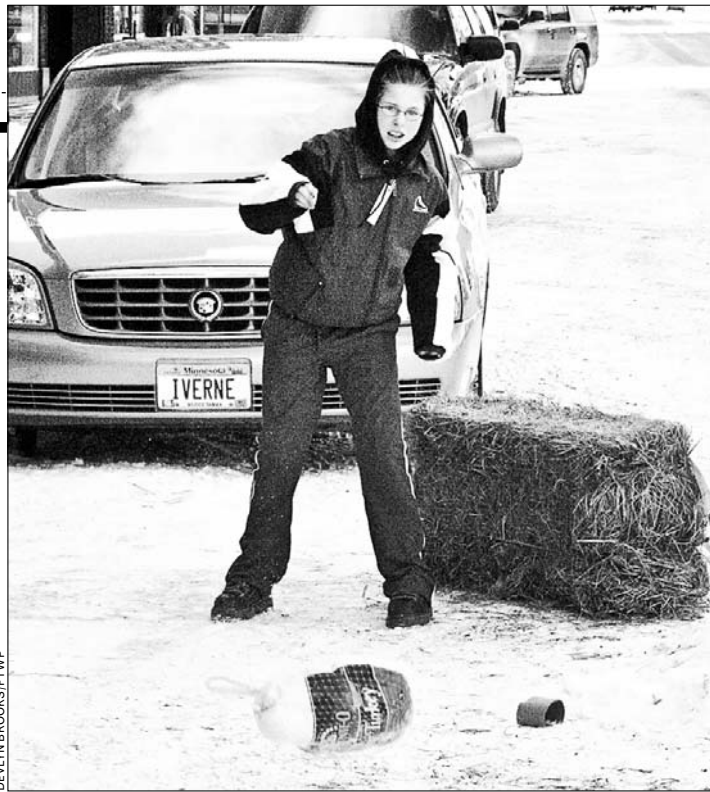
If you have nude photos of your wife on your cell phone, hang onto the phone. Phillip Sherman of Arkansas learned that lesson after he left his phone at a McDonald's restaurant and the photos ended up online. Now he and his wife, Tina, are suing McDonald's Corp., the franchise owner and the store manager. The suit was filed Friday and seeks a jury trial and \$3 million in damages for suffering, embarrassment and the cost of having to move to a new home. The suit says that Phillip Sherman left the phone in a Fayetteville McDonald's in July and that employees promised to secure it until he returned. (AP)



MISCONCEPTION

'Who's Cuddly Now?'

A college student in southern China was bitten by a panda after he broke into the bear's enclosure, hoping to get a hug, state media and a park employee said Saturday. The student was visiting Qixing Park with classmates on Friday when he jumped the 6.5-foot-high fence around the panda's habitat, said the park employee, who refused to give his name. The park in Guilin, a popular tourist town in the Guangxi Zhuang Autonomous Region, houses a small zoo and a panda exhibit. It was virtually deserted when the student scaled the fence surrounding the panda, named Yang Yang, the employee said. (AP)



DEVILYN BROOKS/FTWP

SPORTS

Dishonor The Dead

How does the saying go: "Waste not, want not"? Oh, no, it's, "Slaughter animals for food, but also use their lifeless bodies for senseless amusement." Or so it was in International Falls, Minn., on Saturday. Minnesotans such as Jessica L'Heureux participated in the town's Original Turkey Bowl, in which contestants heave a turkey down an icy lane at 10 pins. The prize for a getting a strike while humiliating the bird and yourself: a 2-liter bottle of soda. (EXPRESS)

BRIBES

The Desperate Have A Price; Police'll Pay

The Albuquerque Police Department has turned to the want ads for snitch-

es. An ad this week in the alternative newspaper the Alibi asks "people who hang out with crooks" to do part-time work for the police. It reads in part: "Make some extra cash! Drug use and criminal record OK." Capt. Joe Hud-

son says police received more than 30 responses in two days. An informant whose tip helps officers arrest a drug dealer could earn \$50. A tip about a murder suspect could bring up to \$700. (AP)

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SERVING THE NEEDY SINCE 1906

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MEAL TICKET

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OUT OF PLACE: Police in Harwich, Mass., have a musical mystery on their hands: Who left a piano in the middle of the woods? A woman walking along a trail in the Bells Neck woods found the Baldwin piano, complete with a bench, in perfect working condition Saturday.

Nation

Richardson Lands Job In Cabinet

Obama to nominate the N.M. governor for commerce secretary

NEW YORK | President-elect Barack Obama has chosen New Mexico Gov. Bill Richardson to be commerce secretary, adding a prominent Hispanic and one-time Democratic rival to his Cabinet.

Obama planned to announce Richardson's nomination after Thanksgiving, according to a Democratic official familiar with the discussions.



Richardson

Richardson had a distinguished career in Washington before returning to New Mexico, where he was elected governor in 2002. Richardson served as U.N. ambassador under President Clinton and later as energy secretary.

Richardson ran for the Democratic presidential nomination but dropped out in January after a poor showing in early contests. He went on to endorse Obama at the height of the Illinois senator's primary contest with New York Sen. Hillary Rodham Clinton, angering many Clinton's supporters who viewed the endorsement as a disloyal snub.

BETH FOUHY (AP)

Citigroup Seeks a Financial Lifeline

Source: Government crafting plan to save beleaguered N.Y. bank

WASHINGTON | The government was weighing a plan on Sunday to rescue Citigroup Inc., whose stock has been hammered on worries about its financial health.

The Treasury Department and the Federal Reserve have been in discussions over the weekend to devise a strategy to stabilize the company, according to people familiar with the talks. They spoke on condition of anonymity because the discussions were ongoing.

One option being considered is taking some of the risky assets held by Citigroup off its balance sheet, a move that would give the company more breathing room and put it in a better position to raise capital. It was unclear, however, exactly how that option might be structured, the people said.



A pedestrian walks by a Citigroup bank branch on Vermont Avenue in Washington. Citigroup is seeking help from the federal government to stabilize its operations.

The company has seen its shares lose 60 percent of their value in the past week, reflecting a crisis of confidence among skittish investors. They are worried all the risky debt

on Citigroup's balance sheet will turn into losses as the economy worsens and the markets stay turbulent — losses that could be nearly impossible to reverse.

Citigroup is such a large, interconnected player in the financial system that if it were to collapse, it

would wreak havoc on already fragile financial and economic conditions. The company has operations stretching around the globe in more than 100 countries.

Analysts consider Citigroup the most vulnerable among the major U.S. banks — especially after it failed to nab Wachovia Corp., which was bought instead by Wells Fargo & Co. That was a missed opportunity for Citi to get its hands on much-needed U.S. deposits that would bolster its cash position.

The company has already received \$25 billion from the Treasury Department's \$700 billion financial bailout program.

JEANNINE AVERSA (AP)

53
The number of employees, in thousands, Citigroup plans to lay off as it tries to weather the financial crisis.

HEARSAY | ECONOMY

"I and others were mistaken early on in saying that the subprime [mortgage] crisis would be contained."

— BEN BERNANKE, FEDERAL RESERVE CHAIRMAN, ACKNOWLEDGING HE WAS WRONG TO BELIEVE THAT THERE WOULD BE LIMITED ECONOMIC FALLOUT FROM BAD HOME LOANS.

Police Search for Wash. Mall Shooter

TUKWILA, WASH. | Police sought a young gunman Sunday after a shooting the day before at a busy Seattle-area shopping mall that killed one teenager and seriously wounded another.

At least four people were detained after the shooting Saturday at Southcenter Mall, police Officer Mike Murphy said.

Murphy said the shooting stemmed from a fight between two groups of people and may have been gang related. He said police expected to identify the gunman and make an arrest soon. The gunman and the two victims were all in their late teens or early 20s.

The Southcenter Mall in Tukwila was jammed with thousands

of holiday shoppers when the gunman fired shots after apparently getting into a quarrel with the two victims, police said. Police teams converged on the mall, which was locked down for six hours.

Store employees and customers were allowed to exit in groups, and Murphy said the shooter "must have got out with the crowd." (AP)

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Nation



"It's not about convincing me. It's about convincing the American taxpayer that they're making an investment in a viable corporation."

—Rep. John Boehner, on the Big Three's attempt to secure an emergency loan from the government.

Consumers Ditch Plastic for Cash

Credit card use falls as Americans rethink their spending habits

NEW YORK | Cash or credit? For more Americans, who have already maxed out their credit cards or are just trying to manage their spending better, the answer is increasingly the old-fashioned one.

Retailers such as Wal-Mart Stores Inc., Target Corp. and J.C. Penney Co. are noticing a marked shift away from credit cards in favor of cash and debit cards. A big factor is less credit is available as major card issuers cut spending limits and raise fees even for customers who pay their bills on time.

The shift ends Americans' long love affair with credit cards and is one of the changes in consumer



Kira Limer pays cash for a book at Barnes & Noble on Tuesday in New York. The idea of cutting out credit cards is catching on among cash-strapped consumers.

behavior that has emerged since the financial meltdown that could depress consumer spending this

holiday season and affect shoppers' habits long afterward. Particularly during holiday sea-

Retailers are noticing a shift away from credit cards in their stores.

sons past, shoppers could count on a pile of plastic to give them the extra financing needed to splurge on presents before they had to face the bills in January or later.

But even when the economy recovers and credit loosens up, analysts say, Americans are likely to stick with buying only what they can afford, just as their parents or grandparents did after the Great Depression.

"I think this is a new way of life,"

said Robert Smith of Loves Park, Ill. He and his wife have been using cash and debit cards to finance their spending, including vacations, since they paid off their credit card debts in July. "I like to be able to know that we paid for something. I hate monthly payments when you use a credit card."

For years, consumers tapped into inflated home equity and used credit cards to finance their spending. Now those spigots are being shut off.

"Consumers are really struggling to find sources of cash to make purchases," said Scott Hoyt, senior director of consumer economics at Moody's Economy.com.

James Coyne, a 27-year-old full-time college student from Grand Forks, N.D., recently bought an engagement ring at a small jewelry store for \$3,000 in cash.

"I have heard all these horror stories," Coyne said. "I save ... until I can afford it." ANNE D'INNOCENZIO (AP)



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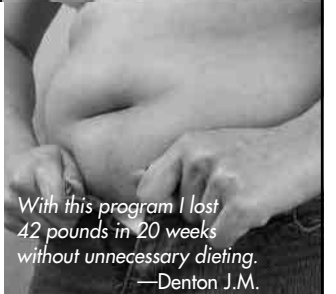
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Nation

40

The estimated number of people, in thousands, who showed up at a farm in Platteville, Colo., last week after the owners said their vegetables were free to anyone who would pick them.

Man Kills Estranged Wife at Church

Police seek suspect in N.J. attack that left 2 others wounded

CLIFTON, N.J. | A gunman entered a largely Indian immigrant church in New Jersey during Sunday services and shot three people in the vestibule, killing his estranged wife and injuring the other two people before fleeing, authorities said.

Police were searching for 27-year-old Joseph M. Pallipurath of Sacramento, Calif., after the shooting at St. Thomas Syrian Orthodox Knanaya Church in Clifton.

Detective Capt. Robert Rowan



Nijith Kurian talks on his phone at the N.J. church that was attacked Sunday.

told the Star-Ledger of Newark that the victim, 24-year-old Reshma James, had recently moved from

California to escape an abusive marriage and had filed a restraining order against Pallipurath.

About 200 people were attending services in the sanctuary of the church, whose members are mostly first-generation Indian immigrants and their children.

All three victims were shot in the head, Rowan said. The other two victims, a 47-year-old woman and 23-year-old man, were in critical condition, he told the newspaper.

A spokeswoman for St. Joseph's Medical in Paterson, where the victims were being treated, declined to comment on their conditions. (AP)

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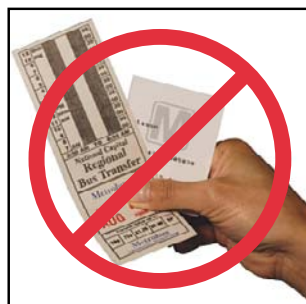
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World



"Till my death I committed. No idea of retirement."

— **Dalai Lama**, 73, the Tibetan spiritual leader, reiterating that he would remain the group's leader for life, on Sunday. He urged Tibetans to be prudent in their dream for freedom from China.



International leaders, wearing traditional Peruvian ponchos, pose for a group photo during the Asia-Pacific Economic Cooperation forum in Lima, Peru, on Sunday.

APEC Upbeat Over Financial Crisis

21 Pacific Rim nations say downturn can be resolved in 18 months

LIMA, PERU | Pacific Rim nations assured the world Sunday that the global financial crisis can be quelled in 18 months but provided few details of how they expect that to happen — or how their governments can help.

The 21 economies, which represent more than half of the world's productive power, also pledged dur-

ing a two-day summit not to erect new protectionist barriers for the next year, and to jump-start stalled World Trade Organization talks.

The main accomplishment of the Asia-Pacific Economic Cooperation forum was a widening of support for the Washington Declaration made last weekend by major economies that pledged to maintain free trade despite pressures to protect domestic industries.

The leaders voiced confidence that the crisis could be resolved by mid-2010, but they did not go far beyond

the steps outlined by the Group of 20 summit in Washington.

"We are convinced that we can overcome this crisis in a period of 18 months," the leaders said in a statement. "We have already taken urgent and extraordinary steps to stabilize our financial sectors and strengthen economic growth."

The reassuring words were added early Sunday to a declaration the leaders had signed off on

the previous day. Delegates from several countries said the changes were made overnight at the request of the summit's host, Peruvian President Alan Garcia.

The 18-month timeline fits with a calculation by the International Monetary Fund, which forecast developed economies would grow barely 0.1 percent in 2009, and that the world would emerge from the crisis the next year. **JOSEPH COLEMAN (AP)**



Looking ahead: George W. Bush was the U.S. president at the APEC summit, but many foreign leaders were focused on his successor. **Today's Post | A Section**

Venezuela Holds Key Elections

State, local voting could lead to extended mandate for Chavez

CARACAS, VENEZUELA | Venezuelans voted to choose state governors and mayors Sunday in elections that could either hand President Hugo Chavez his second straight electoral setback or give his leftist government a new mandate.

He faced an emboldened opposition aiming to break his dominance and win back power in key states and cities.

"We're prepared to recognize any result," Chavez said after voting in Caracas.

The vote could force Chavez to deal with more hostile opponents at the local level, or help him lay the groundwork to extend his rule beyond 2013, when his six-year term ends.

Candidates included Chavez's brother, Adan, who was trying to succeed their father as governor of Barinas state.

Pre-election polls showed Chavez's candidates leading in a majority of races. **RACHEL JONES (AP)**

BAGHDAD | PHOTO OP



KARIM KADIM/AP

INSTANT GRATIFICATION: A U.S. soldier shows children a photo he took of them during the opening ceremony for a school in Baghdad, Iraq, Sunday.

Shots Fired Near Leaders in Georgia

Incident occurs close to motorcade of Polish, Georgian presidents

TBILISI, GEORGIA | Shots were fired near the motorcade carrying the presidents of Georgia and Poland on Sunday — the fifth anniversary of Georgia's Rose Revolution — Georgian officials said. No one was hurt in the shooting.

Georgian President Mikhail Saakashvili, who led the pro-Western 2003 uprising but whose popularity has waned in recent months, blamed Russian troops in Georgia's breakaway region of South Ossetia.

"Frankly, I didn't expect the Russians to open fire," he said at a



Polish President Lech Kaczynski, left, and Georgian President Mikhail Saakashvili speak to journalists during a press conference in Tbilisi, Georgia, on Sunday.

news conference with Polish President Lech Kaczynski. "The reality is you are dealing with unpredictable people. They weren't happy to see our guest and they weren't happy to see me either."

Kaczynski said the shots were fired only about 100 feet from the motorcade. He said it was not clear whether the gunfire was aimed at the motorcade or whether shots were fired into the air. **MATT SIEGEL (AP)**

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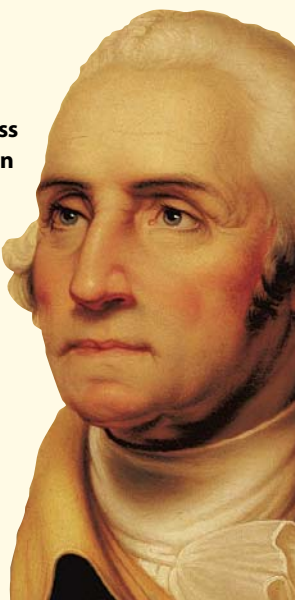
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10 | EXPRESS | 11.24.2008 | MONDAY

World



GOT A HOLD ON THE VATICAN: The Vatican's newspaper praised the Beatles Saturday, noting that the "White Album" was more creative than today's "stereotypical" songs.

Turmoil in Guinea-Bissau

President survives apparent coup attempt by mutinous soldiers

BISSAU, GUINEA-BISSAU | The president of Guinea-Bissau reassured the West African nation from his bullet-scarred home after mutinous soldiers fought their way into the residence on Sunday in a three-hour gunbattle with his guards.

In an apparent coup attempt, the soldiers attacked President Joao Bernardo Vieira's home with heavy artillery fire shortly after midnight, killing at least one of his guards and injuring several others before security forces were able to push them back, Interior Minister Cipriano Cassama said earlier. The attackers did not reach the room



- **Population:** 1,503,182
- **Capital city:** Bissau
- **Area:** 36,120 sq. km.
- **Languages:** Portuguese (official), Crioulo, African languages
- **Life expectancy:** 46 (m); 49 (f)
- **Literacy:** 58% (m); 27% (f)
- **Religion:** Muslim 50%, indigenous beliefs 40%, Christian 10%

(CIA FACTBOOK)

where Vieira was hiding, and neither he nor his wife was hurt, Cassama said.

"These people attacked my residence with a single objective — to

physically liquidate me," Vieira told the nation in a late afternoon televised news conference. "No one has the right to massacre the people of Guinea-Bissau in order to steal



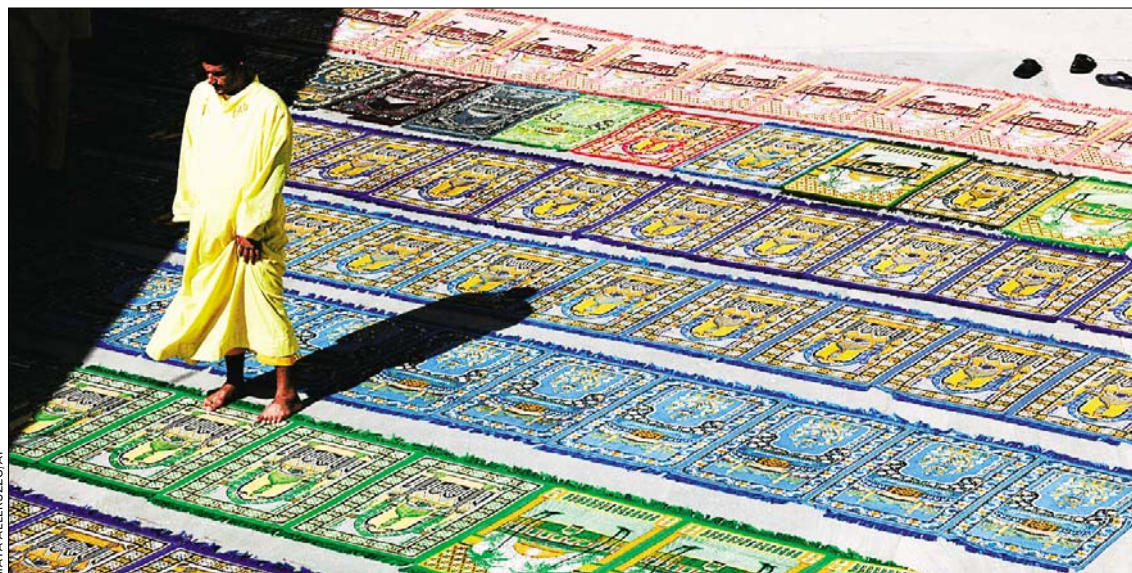
Vieira

power by means of the gun."

The walls of his fortified house were scarred with bullets, and its floors still were littered with shell casings.

But calm appeared to have returned to the capital, Bissau, and Vieira assured citizens that "the situation is under control."

Guinea-Bissau has had multiple coups and attempted coups since 1980, when Vieira first took power in one. ASSIMO BALDE (AP)



An Iraqi detainee performs daily prayers at the American detention facility at Camp Cropper in Baghdad, Iraq, on Nov. 10.

Iraqi Pact Creates Problem for U.S.

If deal passes, military couldn't hold people in prison without charge

CAMP CROPPER, IRAQ | The U.S. military is rushing to build criminal cases against 5,000 detainees it deems dangerous — including suspected members of al-Qaeda in Iraq — because the proposed security pact with Iraq would end its right to hold prisoners without charge.

The agreement, which is to be voted on by Iraqi lawmakers Wednesday, is primarily intended to set a timetable calling for American troops to leave Iraq by the end of 2011. But it also calls for control of security matters to shift to Iraqi authorities.

If passed, the deal would mean U.S. troops could no longer hold people without charge as they have since 2003. Beginning Jan. 1, all detentions would have to be based on evidence, and the U.S. would

have to prosecute prisoners in Iraqi courts or let them go.

The Americans have evidence against only "a few hundred" of the most dangerous detainees, said Brig. Gen. David Quantock, the commander of the U.S. detention system in Iraq. That leaves open the possibility that thousands could find themselves back on Iraq's streets soon.

"We have a lot of work to do," Quantock said. RYAN LUCAS (AP)

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DONE DEAL: D.C. officials say they have tossed out a complaint against D.C. Council member Jack Evans, who used a photo of D.C. Police Chief Cathy Lanier in a campaign ad. Officials say Evans did not violate any laws because Lanier had agreed to pose for the photo.

Gov. May Correct Va. Tech Story

RICHMOND, VA. | Gov. Timothy Kaine said Sunday he would consider making corrections to the report issued by the panel that investigated the Virginia Tech mass shootings after meeting with victims and family members over the weekend.

Kaine said the private meetings made him realize how important it was to them for the report to be factually correct. He said while he looked at the report more for



Kaine

the recommendations to avoid future tragedies, the families viewed it as the only historical account of what happened on April 16, 2007.

"Scrupulous accuracy about the facts is very important to them in a way that I could appreciate after talking to them," Kaine said after a meeting at the Capitol Sunday.

Kaine appointed an eight-member panel after the shootings that left 33 dead. The panel had four months to investigate the killings before issuing a report that criticized the school's actions and offered recommendations for the future. Some families conducted their own investigations into the events and have found conflicting accounts of the timeline of events.

DENA POTTER (AP)

Couple Found Dead in District ID'd

Officials: Spevaks were killed in their house in Chevy Chase

A married Chevy Chase couple found dead under mysterious circumstances in their home were identified Sunday by D.C. police as Michael and Virginia Spevak.

Police found them at about 8:30 p.m. Saturday inside their single-family house in the 5300 block of Belt Road, in a part of the District where killings are almost unknown. Officials Sunday said the case has been classified as a homicide.

Michael Spevak was 68 and Virginia Spevak was 67, police said. About 5 a.m. Sunday, the victims' 2005 Toyota Scion was recovered in the 500 block of Ingraham Street NW. The vehicle had been set on fire, police said.

Police said there was no sign of forced entry into the house, which is on a curving block that runs between



SUSAN BIDDLE/TWP

Michael and Virginia Spevak were found dead inside their home in the 5300 block of Belt Road in D.C. Saturday. Police say the case has been classified as a homicide.

Military Road and Jenifer Street. No arrests have been made, and the case remains under investigation.

Police sources said Virginia

Spevak was found on a couch and that her husband was nearby on the floor. She had been bound, the sources said. It appeared that both

had suffered severe wounds, according to the sources.

Spevak, a psychiatrist, and his wife had lived in the community, just east of the Friendship Heights Metro stop, for more than 20 years. Friends described them as socially and environmentally conscious.

Michael Spevak worked mostly with children and adolescents, basing his practice out of his home on Belt Road. Virginia Spevak, known to friends as "Ginny," was a former fifth- and sixth-grade teacher at Green Acres School in Montgomery County.

Friends recalled Virginia as a botanist who loved gardening and taught science classes. "She would teach how to cook with a solar oven — tin foil and cardboard," said Liz Hemming, who also had taught at Green Acres. "She wanted them to be in tune with nature and understand the connection to the planet and environment."

DAVID NAKAMURA, CLARENCE WILLIAMS AND MARTIN WEIL (THE WASHINGTON POST)

Va. HOT Lanes Mean Fewer Trees

FAIRFAX, VA. | Fairfax County and state officials say building four high-occupancy toll lanes on Virginia's Capital Beltway will mean fewer trees.

Construction has already begun on the lanes from the Springfield exchange to north of the Dulles Toll Road. Fairfax County Supervisor Sharon S. Bulova says the Beltway will be different in appearance and

operation. Highway authorities say 158 acres of trees will be cleared on each side of the highway by 2012, when construction is scheduled to be finished.

State leaders agreed years ago to spare taking private property to build the lanes. Critics say that means losing the buffer of trees between neighborhoods and the highway. (AP)

The Lotteries

Sunday, Nov. 23

DISTRICT

Mid-day Lucky Numbers	2-9-8
Evening Lucky Numbers	1-8-1
Mid-day DC 4	8-4-7-6
Evening DC 4	1-7-1-9
Rolling Cash Five	2-7-17-24-34
Daily 6	8-16-18-19-26-29 Bonus: 27

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	5-7-6
Evening Pick 3	3-9-2
Mid-day Pick 4	1-2-7-9
Evening Pick 4	4-3-3-1
Match 5	13-16-24-29-34 Bonus: 10

VIRGINIA

Mid-day Pick 3	8-1-5
Mid-day Pick 4	1-5-3-5
Mid-day Cash 5	4-10-13-17-33

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Personal Tech



Rapper Common is the face of an advertising campaign for Zune, a music player that Microsoft hopes will carve a niche in an industry dominated by Apple's iPod.

Uncommon Marketing

Hip-hop veteran helps Microsoft promote its Zune music player

UNCOMMON | A video for the title track on hip-hop veteran Common's forthcoming album, "Universal Mind Control," begins with a digital music player pulsing to the beat. The viewer is pulled through the screen into the gadget's guts, where the cool, collected rapper lets loose an easy stream of lyrics.

It takes hitting rewind a few times to notice that the music player isn't one of Apple's slim new iPods. It's a Zune, and it's made by Microsoft Corp.

Since it first landed two years ago, the Zune has been the butt of many jokes, like how its wireless music sharing feature would be great, if only a second person would buy one. But while Apple Inc. has counted on the sex appeal of its ever-thinner devices to keep consumers turned on, the Zune team has been beefing up its software and courting artists such as Common, a dashing MC with mainstream appeal who might just help make Zune — dare we say it? — cool.

The relationship between Zune

and Common began last summer, when the rapper performed a set at a Microsoft-organized concert in Los Angeles.

Zune sponsored Common's latest tour and is kicking in posters, T-shirts and other materials to promote the new album.

When he's pressed to explain, it becomes clear that Common is hooked less on the device than on the way the Zune's software makes connections between artists, turning up new sounds for him to explore.

In the Zune program that runs on desktop computers — which functions as a user's music library and a music store, much like Apple's iTunes — clicking "mixview" brings up a collage of musicians or bands related somehow to the one the user was listening to.

Clicking any of those new faces shuffles the six-degrees-of-separation-style interface to show a new round of photos of the artist's influences or proteges, similar-sounding singers and other related groups.

"It is digging in the crates the way we used to do as musicians and DJs," Common said. "Being music lovers, we would go to music lovers to try to discover music."

JESSICA MINTZ (AP)

DISCUSSIONS

FAST FORWARD

Assume you have backed up your computer religiously on an external hard drive, and your computer hard drive dies, or you just want to install a bigger one. How hard is it to load the replacement hard drive from your backup? Do you just transfer everything and you're good to go?

In general, you'd reinstall the operating system first — especially if we're talking Windows, as a clean, freshly loaded copy will usually run faster than one that's been barnacled up by years of program installs and uninstalls. In Windows, you'd reload your apps (and, in some cases, you might have to call a tech-support line to get them reauthorized), and then you would copy over your data and settings.

I thought the Dell Inspiron 1318 was a good laptop.

Your Aug. 14 review of laptops made new Windows laptops look like a better deal than the old MacBook. The new MacBook costs more and doesn't add much. Which computer would you recommend, a Dell 1318 or a MacBook? What if I need to run Windows programs, adding the cost of Windows to getting a MacBook?

The first thing to look at is which programs you'll run — if most of them are Windows-only (or lack Mac equivalents), then the Dell would be a far better choice. I think that for most home use, Mac OS X beats Windows Vista, but you need to look at this in terms of your own specific use first. Setting aside the operating system — which I know is a bit of an absurdity — I thought the Inspiron 1318 was a good laptop when I did that review and still think so.



washingtonpost.com

Rob Pegoraro takes a closer look at consumer electronics and personal tech monthly on washingtonpost.com/tech.

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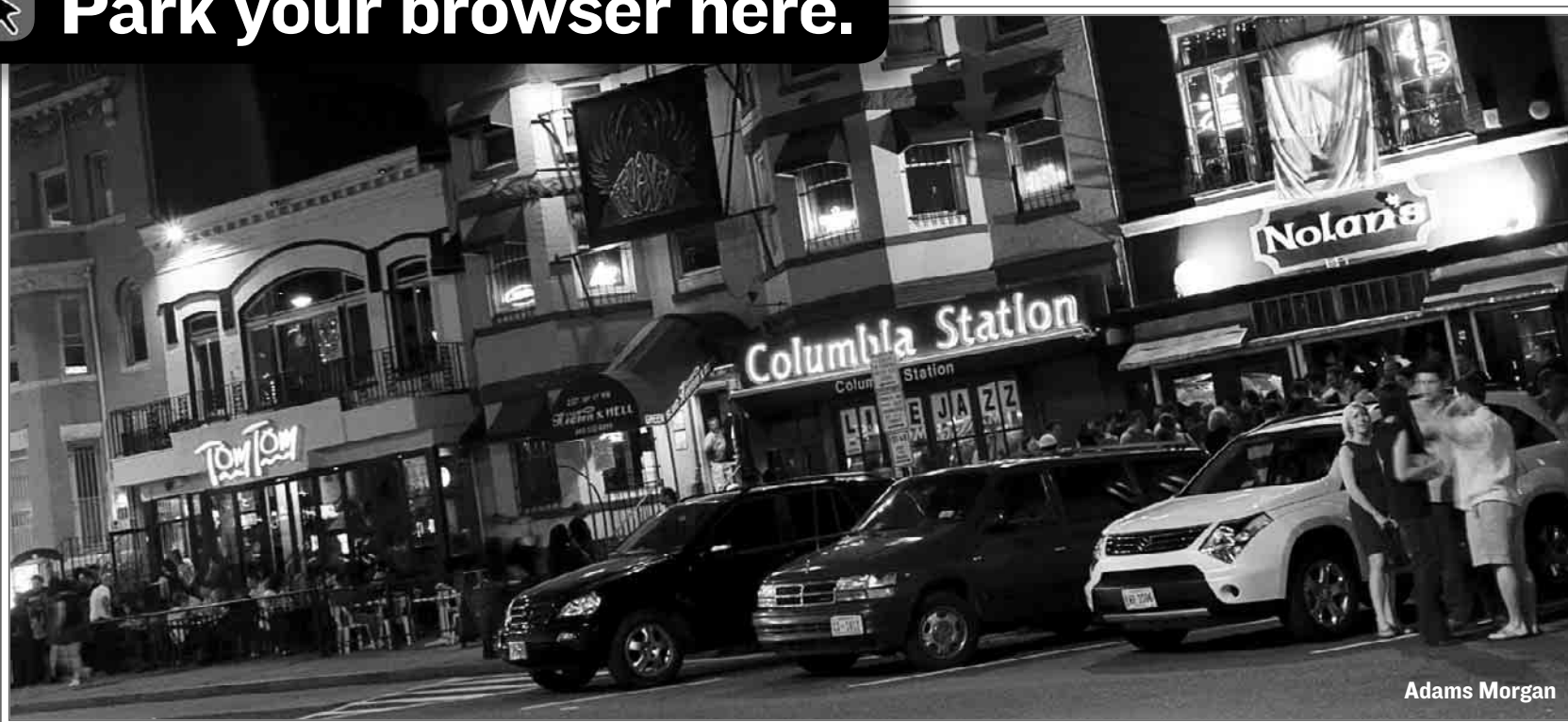
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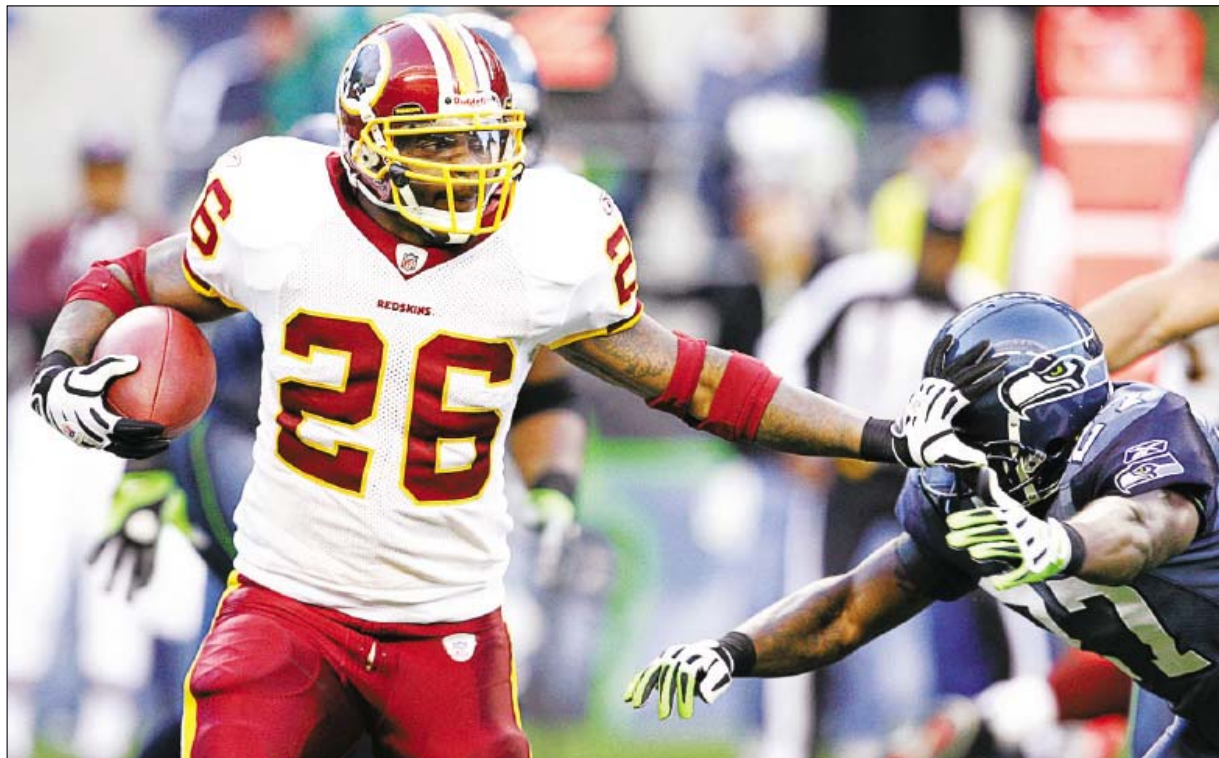
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4 The number of consecutive home game the Seattle Seahawks have now lost — the most since the Pacific Northwest team finished 2-14 in 1992. Seattle had been an NFC-best 42-14 at home since 2001 entering this dismal season.

Sports



ELAINE THOMPSON/AP

Clinton Portis, left, stiff-arms a Seahawks defender en route to his sixth 100-yard game of the season on Sunday. Shawn Springs, right, makes an interception to ice the 20-17 victory over the Seattle Seahawks.

For Redskins, Many Happy Returns

 **20** | **17** 

Homecoming is sweet for Springs, Zorn in a boost to playoff hopes

REDSKINS | Place kicker Shaun Suisham made a 22-yard field goal to break a fourth-quarter tie, the defense finished strong and the Washington Redskins ended their losing streak on Sunday afternoon with a 20-17 victory over the Seattle Seahawks in a homecoming game for coach Jim Zorn.

Washington (7-4) got back on track after consecutive losses and remained in the NFC playoff mix at Qwest Field, making a good push at the end to hold off the struggling Seahawks (2-9). Despite being weakened by injuries in a disappointing season for them, the Sea-

hawks challenged the Redskins throughout, and the scored was tied at 17-17 in the fourth quarter.

On Seattle's possession after Suisham's last field goal (he had two), the Redskins gave up one first down, but Seattle only three more plays and punted. With Washington's offense driving in an attempt to run out the clock, running back Ladell Betts, who had a touchdown run in the first half, fumbled at the 22-yard line, and Seattle recovered at its 23. But on the next play, cornerback Shawn Springs intercepted a pass by Seattle quarterback Matt Hasselbeck. Game over.

"What a huge play," Zorn said of the Springs interception. "It really took making a few of those plays to with this football game because it was hard fought on both sides. We were really banged up on our D line. They were warriors out there today."

Running back Clinton Portis



Malcolm Kelly and Antwaan Randle-El celebrate Randle-El's touchdown grab.

carried 29 times for 143 yards, and Jason Campbell completed 20 of 33 passes for 206 yards with one touchdown and no interceptions. "I think he went again to heroics," Zorn said of Portis. "Not being able to go all week, being very limited in his time. But he told me yesterday he was playing, period. He really did a fine job running the ball today."

"I know it's big for coach Zorn," Shawn Springs said. "It was big for our team, because, more importantly, we want to stay in the race in the NFC East and get to the playoffs. ... We had to steal coach Zorn away from them so we could beat them."

JASON REID (THE WASHINGTON POST)

Sunday Stats

Rushing: WASH.: Portis 29-143, Campbell 6-32, Betts 5-7, Sellers 1-5 SEATTLE: Morris 14-103, Jones 2-21, Hasselbeck 2-11, Duckett 1-4, Weaver 1-0 **Passing:** WASH.: Campbell 20-32-206 SEATTLE: Hasselbeck 12-24-103 **Receiving:** WASH.: Moss 4-72, Cooley 5-54, Sellers 4-30, Randle El 2-18, Portis 2-16, Kelly 2-12, Yoder 1-4 SEATTLE: Ingram 2-34, Weaver 2-14, Carlson 2-14, Robinson 1-14, Branch 1-11, Morris 3-10, Taylor 1-6 **Missed Field Goals:** WASH.: Suisham 4/3 SEATTLE: Mare 5/3

Report CARD



→ **Best Call:** Just as he did all day, Zorn rode Clinton Portis to victory in the fourth quarter, on a drive that started on the 2-yard line. Portis' value was highlighted when Ladell Betts fumbled as his replacement.

→ **Worst call:** The Redskins did not look good opening the game. If the Redskins plan on beating any good teams, they need to find a way to improve on their lackluster starts.

→ **Best adjustment:** Getting Mike Sellers involved in the offense was a smart move. Although he did drop a potential touchdown pass, it's obvious Zorn has realized that the quick 230-pounder can do more than just block.

B The Seahawks are terrible, but you still have to beat the bottom-dwellers.

> Redskins	24	386	187	199	20/33	2/18	3/84	2/13	1/20	38:27	2/20	2/4
0 7 10 3 20	FIRST DOWNS	TOTAL NET YARDS	RUSHING YARDS	PASSING YARDS	COMPLETIONS/ATTEMPTS	PUNT RETURNS/P. RETURN YARDS	KICKOFF RETURNS/K. RETURN YARDS	INTERCEPTIONS/RETURN YARDS	FUMBLES/FUMBLES LOST	TIME OF POSSESSION	PENALTIES/YARDS	RED ZONE EFFICIENCY
3 7 0 7 17												
> Seahawks	13	228	139	89	12/24	1/10	5/124	0/0	2/13	21:33	6/51	2/3

Sports



MARYLAND LEADS THE FIELD: The top-seeded Terrapin field hockey team (22-2) won its third NCAA national championship in four years, rattling off four straight goals to come back from an early deficit and beat Wake Forest 4-2 on Sunday.

Disheartened Terps Go Back to Work

UMd. eyes consolation prize following a 37-3 sacking in home finale

TERPS FOOTBALL | Maryland won't be playing for the Atlantic Coast Conference title, which means that the Terrapins can also cancel plans to play in the Orange Bowl on Jan. 1.

So, what's the state of the team after Saturday night's devastating 37-3 loss to Florida State?

"They're like me. They're not good," coach Ralph Friedgen said. "My mental state is not really good right now, but I told them I'll be back to work Monday and for them to come ready to work, because 8-4 is better than 7-5. There are bowl opportunities there for us and a chance to win nine games."

The Terps (7-4, 4-3) had a chance



Terps QB Chris Turner, left, consoles Da'Rel Scott in the fourth quarter of their loss to Florida State Saturday. Maryland plays Boston College in the season final next week.

to win the ACC title, finish a perfect home season and perhaps play in the Orange Bowl for the second time in the Friedgen era. With the loss, they have been reduced to playing for a consolation prize.

It wasn't even close; Florida led 21-0 at halftime Saturday and toyed with the Terps the rest of the way.

"They came out ready to play, and we didn't match their intensity," defensive back Anthony Wiseman said. "We came out with no energy. They ran the ball effectively and kept our offense off the field."

Even when the Maryland offense was on the field, it didn't do much. The Seminoles sacked quarterback Chris Turner six times.

The Terps, 4-0 against ranked teams, want to rebound at No. 20 Boston College in Saturday's regular-season finale. **DAVID GINSBURG (AP)**

Toliver Leads Lady Terps Past Bruins, 88-65

TERPS WOMEN'S HOOPS | Kristi Toliver scored 26 points and passed another career milestone Sunday to lead No. 11 Maryland to an easy 88-65 win over UCLA.

Toliver, who earlier this year became the program's all-time assists leader, passed 1,500 points for her career, the 10th player in Maryland history to do so.

Marissa Coleman added 22 points, passing 1,600 points for her career and moving into sixth-place all-time.

UCLA (2-1) never recovered from a rough start that saw them trail 30-10 in the first half and shoot just 18.2 percent from the floor.

It was the second season in a row that Maryland had beaten the Bruins. **(AP)**

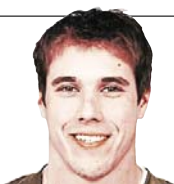
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QUICK SWITCH: Cleveland Browns quarterback Brady Quinn was benched in the third quarter of his third career start after going 8-of-18 for 94 yards with two interceptions against the Houston Texans. Quinn was replaced by Derek Anderson, who previously lost the starting job after early season struggles.

Sports

NFL | JETS DASH TITANS HOPES OF AN UNDEFEATED SEASON



LOSING GRIP: Tennessee wide receiver Brandon Jones, left, is brought down by New York Jets cornerback Hank Poteat in the first quarter of the Titans' 34-14 loss Sunday. The defeat, which was the Titans' first of the year, moved them to 10-1 and snapped their 13-game winning streak dating back to Dec. 16 of last season.

Patriots Rally Past Dolphins

48 | **28**

NFL | Three times the New England Patriots lost the lead, and three times they took it back. The message: Don't count them out of the AFC East race just yet.

Matt Cassel threw for 415 yards, Randy Moss caught three touchdown passes and the resilient Patriots won a shootout Sunday, beating the feisty but outgunned Miami Dolphins 48-28.

The Patriots (7-4), who began the day a game behind the AFC East-leading New York Jets, avenged an upset loss to Miami in September. New England hasn't been swept in a season series by a division opponent since 2000.

For the Dolphins (6-5), the loss snapped a four-game winning streak and hurt their chances of an improbable playoff berth after going 1-15 last year.

STEVEN WINE (AP)

Ravens Dismantle Eagles

36 | **7**

McNabb pulled after 1st half for ineffective play, replaced by Kolb

RAVENS | Donovan McNabb learned last week that NFL games can end in a tie. On Sunday, the Philadelphia Eagles quarterback discovered what it feels like to be benched.

Pulled after an awful first half, McNabb watched from the sideline as the Baltimore Ravens beat the Eagles 36-7, presenting first-year coach John Harbaugh with a lopsided victory over the team he served as an assistant for 10 years.

Ed Reed picked off McNabb's replacement, Kevin Kolb, and

returned the interception an NFL-record 108 yards for a touchdown to give Baltimore (7-4) a 22-point cushion with 7:24 left.

McNabb was 8-for-18 for 59 yards with two interceptions and a fumble in the first half — a miserable 13.2 quarterback rating. One week earlier, he threw three interceptions and lost a fumble in an overtime tie with Cincinnati.

Seven turnovers in seven quarters was evidently enough for Philadelphia coach Andy Reid, who turned to Kolb, a second-round pick who didn't throw a pass as a rookie last year. It is believed to be the first time that McNabb was benched for ineffectiveness in his 10-year career. Kolb failed to cure the ailing Eagles offense, going 10-for-23 for 73 yards and two interceptions.

DAVID GINSBURG (AP)

NFL SCOREBOARD

WEEK 12 | SUNDAY, NOV. 23

Ravens 36, Eagles 7

Texans 16, Browns 6

Bucs 38, Lions 20

Bills 54, Chiefs 31

Bears 27, Rams 3

Jets 34, Titans 13

Patriots 48, Dolphins 28

Vikings 30, Jaguars 12

Cowboys 35, 49ers 22

Raiders 31, Broncos 10

Falcons 45, Panthers 28

Giants 37, Cardinals 29

Redskins 20, Seahawks 17

Steelers 27, Bengals 10 (Thu.)

TOP DOGS | SUNDAY'S BEST IN THE NFL



1 New England QB **Matt Cassel** rushed for one TD and threw for three more, all to WR **Randy Moss**. Moss ended with 125 receiving yards and Cassel with 415 passing yards in a 48-28 win over Miami. **2** Jets QB **Chad Pennington** was on the losing side of that game but threw for 341 yards and had three passing TDs and a rushing TD of his own. **3** Chicago RB **Matt Forte** ran for 132 yards and two TDs. **4** WR **Terrell Owens** had 213 receiving yards and a TD for Dallas. **5** Buffalo QB **Trent Edwards** threw for 273 yards and two TDs and rushed for two more TDs in a Bills win. (EXPRESS)

Sports

4,292

The number of career rushing yards by West Virginia's Pat White, the most-ever by a college quarterback. White gained 200 yards on Saturday, pushing him past ex-Missouri QB Brad Smith by three yards.

Crew Captures MLS Cup

MVP nets 3 assists as Columbus tops N.Y. for 1st championship

MLS | Guillermo Barros Schelotto led Columbus to victory in the MLS Cup on Sunday, capping his MVP season with three assists in the Crew's 3-1 victory over the New York Red Bulls.

Alejandro Moreno scored in the first half for Columbus and, after New York tied it 1-1 early in the second, Chad Marshall and Frankie Hejduk added goals for the Crew.

Though both teams were original members of the MLS in 1996, both were playing in the championship for the first time.



Columbus' Frankie Hejduk holds the championship trophy after the Crew defeated the New York Red Bulls 3-1 Sunday in the MLS Cup. Hejduk scored a goal in the win.

They took very different paths to the showdown. The Crew finished with a league-best 17-7-6 regular season record, while the Red Bulls went 10-11-9 and were the lowest-seeded team in the postseason.

When the Red Bulls pulled to a 1-1 tie on John Wolyniec's goal in the 51st minute, the Crew immediately responded with a goal by Marshall to retake the lead. Schelotto drove a bending corner kick into the box and Marshall, voted the league's best defender this year, leaped and headed the ball into the net.

Hejduk closed the scoring when Schelotto, a 35-year-old former star in Argentina, lofted a soft pass into the box and Hejduk headed the ball into the goal in the 82nd minute.

Schelotto, who had 19 assists and seven goals for Columbus this year, also set up Moreno's goal, the only first-half score. KEN PETERS (AP)

In Brief

NBA Celtics Stay Hot With Easy Victory Over the Raptors

Ray Allen scored 21 points and the Boston Celtics led from the start in winning their fifth straight game, 118-103, over the Toronto Raptors on Sunday. Kevin Garnett, Rajon Rondo and Tony Allen each scored 15 points for the Celtics, who have won 11 of 12 since a Nov. 1 loss to Indiana. Kendrick Perkins had 12 points, and Paul Pierce and Eddie House each scored 11 in helping Boston score a season high. (AP)



Allen

COLLEGE FOOTBALL Paterno Has Hip Surgery

Penn State coach Joe Paterno had successful hip replacement surgery Sunday, a day after the Nittany Lions clinched the Big Ten title and a trip to the Rose Bowl. The 81-year-old coach was expected to get back on his feet Monday following the procedure at Mount Nittany Medical Center; the team said in a statement. Paterno is expected to resume coaching on Dec. 1, when players return to school following Thanksgiving break. (AP)

TODAY'S TV LINEUP

CAPITALS (8 P.M. ON VERSUS) After two West Coast losses, Washington wants to end its road trip with a win against the Minnesota Wild.

NFL (8:30 P.M. ON ESPN) The Packers and Saints are both 5-5 but are in very different positions. Green Bay is in a three-way tie for the NFC North lead, while New Orleans is in last place in the NFC South. But no matter where they

sit, both teams will be fighting for their playoff chances.

COLLEGE BASKETBALL (7:30 P.M. AND 9:30 P.M. ON ESPN2) The semifinals of the CBE Classic will take place in Kansas City, Mo. The first game pits Syracuse (3-0) against No. 18 Florida (3-0) as the Orange tries to earn a place in the Top 25. Number 24 Kansas will face Washington in the second game of the night.

AP Poll Sets Up 1-2 Matchup in SEC

COLLEGE FOOTBALL | The Southeastern Conference title could have a national championship feel when Alabama faces Florida in the Georgia Dome in two weeks.

The Gators moved up to No. 2 in the AP Top 25 on Sunday, a spot behind the top-ranked Crimson Tide. If Florida can win its regular-season finale at Florida State and Alabama can do the same

against Auburn, the SEC will sport the first No. 1-versus-No. 2 matchup in a conference title game — with the winner likely off to another 1-2 game for the BCS championship.

Meanwhile, Oklahoma moved up two spots to No. 3, barely slipping past Big 12 rival and No. 4 Texas after the Sooners' 65-21 victory against Texas Tech on Saturday. The Red Raiders fell to No. 7. (AP)



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(*Mammuthus primigenius*)



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(*Carta transitus kaput*)

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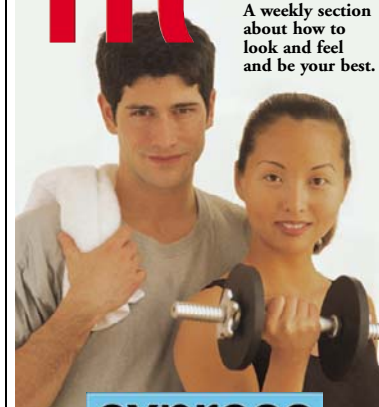
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MYTH: Commercial real estate is too volatile.

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ICR 135 BFP Tab - Washington Express-Washington WK48



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Cherif Medawar

International Investor & Authority on Commercial Real Estate



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Cherif Medawar, Founder,
Institute of Commercial Real Estate (ICRE)

My education at UCLA taught me how to work for money, but not how to make my money work for me. I was working night and day as a hotel manager in California when a billionaire guest pulled me aside and said, "Cherif, come work for me. I will show you the path to wealth."

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Entertainment



SCORE ONE FOR THE LADIES: "Twilight," featuring Kristen Stewart, left, was No. 1 at the box office this weekend with \$70.6 million. Catherine Hardwicke's film was the biggest opening ever for a female director, blowing away the \$41.1 million set by Mimi Leder's "Deep Impact" in 1998.

Homes for the Holidays

Witherspoon is part of a very stressed-out couple this Christmas

MISMATCHED | Vince Vaughn towers over Reese Witherspoon, which made shooting their new comedy, "Four Christmases," a little tricky for filmmaker Seth Gordon.

Gordon and his crew concocted ingenious ways to align the 6-foot-5-inch Vaughn and the 5-foot-2-inch Witherspoon. He stood Witherspoon on boxes, built ramps and put her in 4-inch high-heeled pumps.

"It was a challenge, especially the kissing scene," recalls Witherspoon, 32. "It was hard to get up there to kiss him, but we worked it out."

An Oscar winner for "Walk the Line," Witherspoon was intrigued with the idea of working with the fast-talking, improv-savvy Vaughn. "He has a different kind of comedy; it's renegade and, like, crazy," she says. "It's just fun to be part of that energy."

In "Four Christmases," Witherspoon and Vaughn play a happily unmarried San Francisco couple enjoying the good life. Without kid-sor family obligations during the holidays, Brad and Kate are free to do whatever they like. Their annual holiday tradition means ditching



JUGGLING ACT: In "Four Christmases," Reese Witherspoon plays Kate, a woman who ends up spending Christmas feeling utterly overwhelmed. How very merry!

their crazy families for a relaxing, fun-filled vacation in some exotic locale. That is, until heavy fog halts their travel plans, forcing them to spend the holidays with each of their divorced parents and their respective families.

As the mother of Ava, 9, and Deacon, 5, Witherspoon knows the holidays are for and about children. She and her ex-husband, Ryan Phillippe, share custody of the kids and put their children's needs first.

"We've raised our kids to just be happy," she says. "There's nothing contentious."

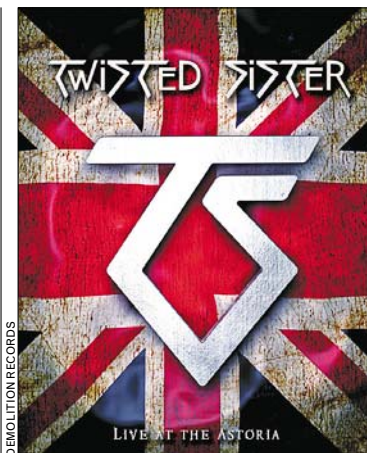
Witherspoon is less forthcoming about a rumored romance with her "Rendition" co-star Jake Gyllenhaal. When asked whether she plans to marry again, Witherspoon pauses and then shrugs. "I don't know," she says. "I don't think about it much. I thought I knew what the marriage and kids and the whole life thing were, but sometimes it doesn't work out that way."

How will Witherspoon spend the holidays?

"I have two little people pulling on my leg going, 'Can we have a horse? Can we have a horse?'" she says.

And what would she like for herself?

"I don't know," she says. "Someone to help me out with stuff." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



The CD comes with a DVD shot from the audience's perspective. Rock on!

Live From London, It's Dee

'Astoria' proves that Twisted Sister does it best in the flesh

MUSIC | While they scored big in the 1980s with radio-friendly anthems, "We're Not Gonna Take It" and "I Wanna Rock," Twisted Sister has always been a live band at heart.

"Live at the Astoria" is the band's third live album and by far its best. The two-disc CD and DVD combo captures the Aug. 1, 2004, show at the Astoria Theatre in London — a concert that band members unanimously list as one of the best out of the more-than 9,000 they've played so far.

From the opening sledgehammer riffs of "What You Don't Know" to the closing anthem, "S.M.F.," these discs show just how fierce and intense Twisted Sister has always been onstage, not to mention how many ways lead singer Dee Snider can use the F-word.

The real treat here is the DVD, edited by a Twisted Sister fan from England who captured the feel of being down in front of the stage.

For anyone who missed out on the band in its '80s heyday, or "back in the day," as Snider calls it, "Live at the Astoria" proves that Twisted Sister remains one of the best live bands in rock. WAYNE PERRY (AP)



Despite various personnel changes, Underoath is in a calm, collected place.

Underoath's Truth

A metalcore singer speaks candidly about growing pains

FOUND | Spencer Chamberlain, vocalist for the metalcore sextet Underoath, found himself with a free day in California recently, so he and his band made plans to ride go-karts.

"We're all going to race each other and try not to get killed before tomorrow's show," the singer, 25, said.

Underoath could never be accused of playing it safe. After a tumultuous 10-year history wracked by personnel changes, the band has found a rapturous critical reception for its sixth album, "Lost in the Sound of Separation."

The current lineup has been playing together long enough that the members have learned how to keep things together through a frenetic tour schedule. Chamberlain admits it hasn't been easy.

"We've lost a lot of crew members and people that worked for us on the road, for the same reasons that other bands do, because not everyone can handle being gone all the time," he said.

"Now we're all in our mid-20s," he continued. "We know how to handle each other. We know how to be there for each other, be friends for each other. We don't act like little kids anymore." SCOTT COLLINS (LOS ANGELES TIMES)

Entertainment

Holly Goes On

Hepburn's Golightly remains an icon for today's young women

LONGEVITY | The scene that made it excusable to wear a tiara to breakfast: Audrey Hepburn, gowned in Givenchy black with long gloves, fat pearls and oversized sunglasses. She peers through a Tiffany's window with a Danish and coffee in hand.

Having breakfast on the street was never so glamorous. Hepburn's role as Holly Golightly, the eccentric party girl of the 1961 film "Breakfast at Tiffany's," turned the actress into an icon and role model for young women who fantasized about moving to New York to live the same freewheeling lifestyle.

"Breakfast at Tiffany's" continues to sell about 30,000 copies a year and was recently reissued in a 50th anniversary edition by Vintage.

Holly had a spare walk-up apartment, scores of admirers and a cat she refused to name. She also suffered from what she called "the mean reds," her term for anxiety. Her cure for that was to hail a cab to the Tiffany's flagship store on Fifth Avenue.

"It calms me down right away,



STAYING POWER: Audrey Hepburn, center, is timeless in "Breakfast at Tiffany's."

the quietness and the proud look of it; nothing very bad could happen to you there, not with those kind men in their nice suits, and the lovely silver and alligator wallets," she declared.

The film version of "Breakfast at Tiffany's" marketed a fizzy cocktail of urban sophistication and the illusion of New York as a playground for young single women.

It's safe to say there will never be another actress like Hepburn, who died of cancer in 1993, a true

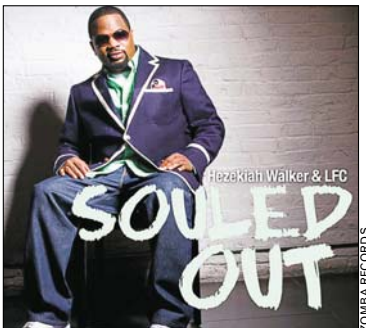
original like Holly. Over the years, other heroines of TV and film have adopted the winsome rebellion of her iconic character to varying degrees — "Sex and the City," for example.

Carrie Bradshaw's irreverent personality, unabashed materialism and colorful romances on the HBO series inspired who knows how many women to move to Manhattan where they, too, might drink cosmos, wear giant flower pins and meet their Mr. Big. ERIN CARLSON (AP)

Soul Man Walks The Walk

MUSIC | Grammy- and Stellar-award winner Hezekiah Walker's 13th album, "Souled Out," showcases his masterful choir. He makes his renowned Love Fellowship Choir sing with the kind of unity, passion and exuberance that consistently brings people to their feet and sometimes to their knees.

Where other artists might prefer a smaller vocal ensemble, or rely on the flourishes and trills of a stel-



Walker makes it hard not to feel passionate and excited about his tunes.

lar soloist to hold attention, Walker plays this mass of voices like a master violinist. On "It Shall Come to Pass," the phrasing and tone of the choir are so well executed that the lead vocalist's entrance almost seems intrusive.

The album, produced by gospel

superstar Donald Lawrence, dabbles with a wide variety of gospel genres. On "O Give Thanks," Walker takes his choir through the traditional gospel paces.

Then, mid-album, Walker completely switches gears with "Moving Forward," a collaboration with Israel Houghton. The organ fades back, electric and rhythm guitars enter the fray and a more sweeping, cross-cultural sound emerges. The shift is jarring, but the choir is flexible, the soloist sings with conviction, and the lyrics brim with hope.

As always, there is a no-holds-barred praise song meant to inspire spirit-filled tap dancing. "Triumph" is its name. Press play and "put on your shouting shoes."

AIMEE MAUDE SIMS (AP)



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Entertainment



TWICE THE TYRA. YIKES: The midday "Tyra Banks Show" is moving from Fox to the CW's afternoon block next year. The CW agreement means that both of Banks' TV shows — "The Tyra Banks Show" and "America's Next Top Model" — will air on the CW.

The Fray Looks to Rise Above

The low-profile band maintains a healthy relationship with TV

GROUNDBREAKING | Isaac Slade is having a meta moment. Chatting with *Billboard* by phone as he relaxes in a Denver bookstore, the Fray's singer notices a magazine with a picture of his band on its cover. In a city with few rock stars, you'd think someone in Slade's hometown would notice the man himself, but no one does.

Despite three years of touring, a video shown on "Grey's Anatomy" and more than 3 million world-wide sales of the band's 2005 debut,

"How to Save a Life," the members of the Fray have kept a relatively low profile. But that may change as the group prepares for the Feb. 3 release of its self-titled second album.

Two-and-a-half years after its key placement on the ABC show proved that TV can break an act on a massive scale, can the Fray use a groundbreaking deal with ABC to take its career to the next level?

In a commercial break from the tense elevator confrontations of the Nov. 20 episode of "Grey's Anatomy," a one-minute promo with scenes from the upcoming season of ABC's "Lost" will premiere the Fray's new single, "You Found Me," along with parts of the music video. Viewers



JAMES MINCHIN

WORK THE INDUSTRY: The Fray's deal with ABC offers the band a varied audience.

will be directed to *Abc.com*, where they can find a three-minute version of the clip and a link to iTunes; there, they can buy the single, which goes to radio the next day.

The partnership between ABC and the Fray — Slade, guitarists Joe King and David Welsh, and drummer Ben Wysocki — also includes an agreement for the band to appear on the American Music Awards, "Good Morning America" and the outdoor concert series on "Jimmy Kimmel Live!" ABC will use "You Found Me" as the promo song for this season of "Lost," and discussions are under way to use the band's music on sister channel ESPN during the height of football season.

When asked whether he watches "Grey's Anatomy," Slade says, "I have seen it a few times. It's a really good show." AYALA BEN-YEHUDA (*BILLBOARD*)



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OC & DA: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1200 PM)

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1245 345) 630 915

ROLE MODELS (R) - ID REQ'D (1130 200 445) 745 1015

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OC & DA: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (145 PM) 645 PM

ROLE MODELS (R) - ID REQ'D (200 445) 730 1015

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (115 400) 700 930

SECRET LIFE OF BEES (PG-13) 630 PM 930 PM

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QUANTUM OF SOLACE (PG-13) (1130 100 130 200 345 415 445) 630 715 800 900 945 1030

OC & DA: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1230 PM) 730 PM

ROLE MODELS (R) - ID REQ'D (1200 245 515) 745 1045

SOUL MEN (R) - ID REQ'D 900 PM

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1145 215 245 430 515) 645 1000

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1245 PM 400 PM)

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BOLT (PG) ★ (1145 120 220 340 440) 605 705 830 930 1045

RW & DA: BOLT (PG) ★ (150 410) 630 905

QUANTUM OF SOLACE (PG-13) (1210 130 215 250 400 455 525) 645 730 800 945 1020 1040

RW & DA: QUANTUM OF SOLACE (PG-13) (1245 315) 600 835

HAPPY-GO-LUCKY (R) - ID REQ'D (210 505) 750 1030

THE BOY IN THE STRIPED PAJAMAS (PG-13) (1220 230 445) 710 925

ROLE MODELS (R) - ID REQ'D (110 345) 610 825 1050

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1215 1235 140 225 300 350 435 510 555) 650 735 910 955

ZACK AND MIRI MAKE A PORN (R) - ID REQ'D 810 PM 1035 PM

SOUL MEN (R) - ID REQ'D (200 450) 720 950

CHANGELING (R) - ID REQ'D (1230 335) 640 1000

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (135 430) 700 940

SECRET LIFE OF BEES (PG-13) (1205 240 515) 745 1010

ROYALE STADIUM 14

6505 America Blvd. Hyattsville, MD 301-864-3456

Adv. Tix on Sale FOUR CHRISTMASSES

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL

TWILIGHT (PG-13) ★ (1215 1245 330 400) 650 720 940 1010

BOLT (PG) ★ (1200 230 500) 730 1000

RW & DA: BOLT (PG) ★ (1250 310 530) 800 1030

QUANTUM OF SOLACE (PG-13) (1230 315) 745 1015

RW & DA: QUANTUM OF SOLACE (PG-13) (100 340) 700 945

ROLE MODELS (R) - ID REQ'D (1210 235 450) 715 935

SOUL MEN (R) - ID REQ'D (1220 300) 725 955

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1205 1235 215 245 425 455) 635 710 900 930

ZACK AND MIRI MAKE A PORN (R) - ID REQ'D (105 335) 735 1020

CHANGELING (R) - ID REQ'D (1255 355) 705 1005

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1240 320) 645 950

SECRET LIFE OF BEES (PG-13) (1225 255 525) 755 1025

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale FOUR CHRISTMASSES

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL

TWILIGHT (PG-13) ★ (100 215 400 500) 700 745 1000 1030

BOLT (PG) ★ (1230 200 245 415 500) 630 720 845 930

QUANTUM OF SOLACE (PG-13) (1230 210 210 300 350 440 530) 620 710 800 850 940 1030

ROLE MODELS (R) - ID REQ'D (1230 300 530) 800 1020

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (100 200 310 410 520) 620 730 830 940

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale FOUR CHRISTMASSES

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL

BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (200 430) 700 930

BOLT (PG) ★ (100 315 545) 815 1030

TWILIGHT (PG-13) ★ (115 245 400 530) 700 815 945

QUANTUM OF SOLACE (PG-13) (145 230 300 415 500 530) 645 730 800 915 1000 1045

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (100 200 330 430 500) 600 730 830 1000

SECRET LIFE OF BEES (PG-13) (245 515) 745 1015

SOUL MEN (R) - ID REQ'D (100 330) 600 830 1045

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (215 445) 715 930

ROLE MODELS (R) - ID REQ'D (300 515) 800 1030

SAW V (R) - ID REQ'D 715 PM 1015 PM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale FOUR CHRISTMASSES

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL

TWILIGHT (PG-13) ★ (1215 1245) 315 400 615 700 915 1000

BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (1200 230 500) 730 950

QUANTUM OF SOLACE (PG-13) (1155 1230 100 145 240) 330 420 450 520 630 710 740 800 915 950 1015 1035

OC & DA: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1205 PM) 715 PM

ROLE MODELS (R) - ID REQ'D (1150 215) 515 755 1025

SOUL MEN (R) - ID REQ'D (1155 AM) 505 PM 1010 PM

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (225 PM) 455 PM 930 PM

ZACK AND MIRI MAKE A PORN (R) - ID REQ'D (220 PM) 735 PM

CHANGELING (R) - ID REQ'D (1235) 340 655 1005

HAPPY-GO-LUCKY (R) - ID REQ'D (115) 430 725 1020

SECRET LIFE OF BEES (PG-13) (1150 215) 440 720 955

RACHEL GETTING MARRIED (R) - ID REQ'D (1250) 350 650 940

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale FOUR CHRISTMASSES

TWILIGHT (PG-13) ★ (100 130 210 350 415 455) 635 700 740 920 945 1025

QUANTUM OF SOLACE (PG-13) (1240 115 145 250 320 400 445 530) 600 640 715 810 840 925 1000

THE BOY IN THE STRIPED PAJAMAS (PG-13) (140 410) 710 930

ROLE MODELS (R) - ID REQ'D (150 435) 745 955

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1230 110 255 340 515) 620 725 940

ZACK AND MIRI MAKE A PORN (R) - ID REQ'D 900 PM

HAPPY-GO-LUCKY (R) - ID REQ'D (135 450) 730 1015

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale FOUR CHRISTMASSES

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL

TWILIGHT (PG-13) ★ (120 200 240 420 500 540) 720 800 840 1020

BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (220 455) 730 1005

BOLT (PG) ★ (1225 140 300 415 535) 650 810 925 1035

QUANTUM OF SOLACE (PG-13) (1220 100 150 230 320 400 440 520) 620 700 740 820 905 945 1040

MADAGASCAR 2: ESCAPE TO AFRICA (PG) (130 405 445) 630 955

OC & DA: MADAGASCAR 2: ESCAPE TO AFRICA (PG) (210 PM) 710 PM

SOUL MEN (R) - ID REQ'D (1250 330) 605 835

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (110 350) 640 920

ROLE MODELS (R) - ID REQ'D (1230 305 535) 805 1030

CHANGELING (R) - ID REQ'D (300 PM) 615 PM 930 PM

ZACK AND MIRI MAKE A PORN (R) - ID REQ'D 900 PM

BODY OF LIES (R) - ID REQ'D (1200 PM)

KINGSTOWNE STADIUM 16

5810 Kingstowne Towne Center 703-822-4956

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Adv. Tix on Sale THE DAY THE EARTH STOOD STILL

RW & DA: TWILIGHT (PG-13) ★ (135 425) 720 1015

BOLT (PG) ★ (1200 125 155 225 350 420 505) 615 650 730 845 920 1000

TWILIGHT (PG-13) ★ (1215 205 315 455) 630 745 930 1030

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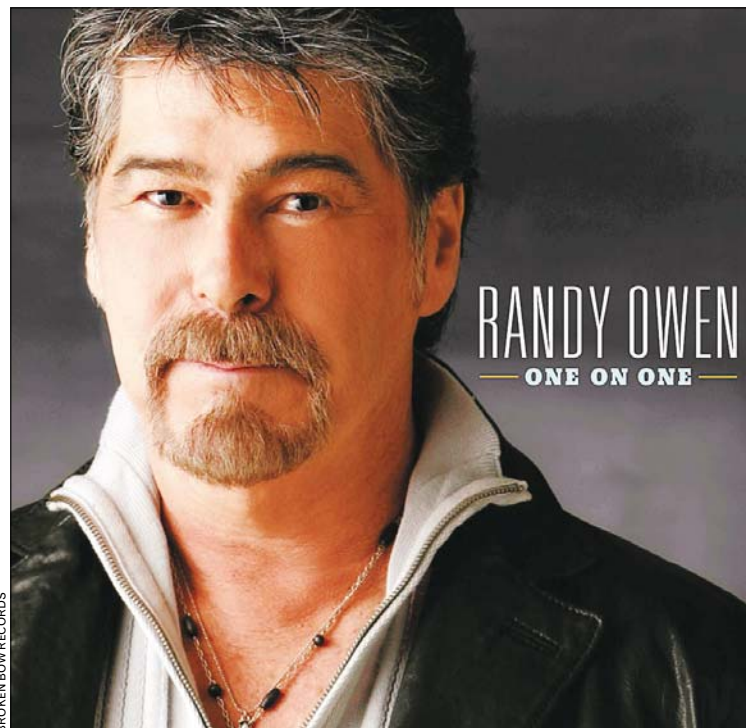
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Entertainment



Alabama is no longer home to Randy Owen, who has struck out on a solo journey.

The Fame Got to His Heart

**Randy Owen peddles
faith and charity in his
solo singing career**

GIVING | As front man and lead singer of Alabama, Randy Owen racked up 42 No. 1 singles and dozens of other hits.

But his last hit with that legendary band came about a decade ago. And so far, radio has been lukewarm to Owen's first solo album, "One on One," released this month.

The disc debuted at No. 14 on Billboard's country chart, and the first two singles — the low-tempo "Braid My Hair" and "Like I Never Broke Her Heart" — have struggled to reach the Top 40.

"His audience is at the upper end, and radio seems to be targeting a younger audience," said John Hart, president of Bullseye Marketing Research in Nashville, which tests songs for radio appeal.

"I think the industry looks at him fondly," Hart added. "But it's all a matter of what the programmers

perceive as hip and cool."

The new CD on Broken Bow Records is produced by John Rich of Big & Rich and includes "Braid My Hair," a song Owen calls "the most uplifting, wonderful song I ever heard that makes you cry." It's one of only four cuts on the 11-track CD that Owen didn't have a hand in writing. All publishing proceeds from the song go to St. Jude Children's Research Hospital in Memphis, a leading treatment center for children with cancer. Owen has been involved with St. Jude for about 20 years.

"It's a lesson for all of us," said Owen, who has three children, of the song. "This little girl just wants to get well where she can cut her hair and give it to the other little girls like her. She wants to get well, and she wants to give back."

In fact, Owen says giving back is one of the main reasons he re-entered the music world, so he can raise his profile as he tries to raise funds for St. Jude. Besides the new CD, he also released a book about his life, "Born Country: How Faith, Family and Music Brought Me Home."

"It makes my voice so much more effective if I have something current and contemporary with today's radio market," said Owen. "That's really important, and that's how I got started on this journey I'm on today." **JOHN GEROME (AP)**



DARE WE GET EXCITED? An "Arrested Development" feature film has moved closer to reality, with Mitch Hurwitz and Ron Howard reportedly closing deals. The migration of the acclaimed but short-lived series to the big screen has been rumored for a year.

Television

Europa's Lost Treasure

A PBS documentary explores Adolf Hitler's attack on culture

LOOTING | The phrase "culture wars" is thrown around rather casually in the no-think zones of cable commentary and talk radio. But 20th-century history shows that using art and culture to define and demonize one's "enemies" can have deadly consequences. The documentary "The Rape of Europa" (9 p.m., PBS) offers harrowing evidence that World War II was very much a "culture war," and that its impact on the world is still being felt.

The film offers a brief background on Hitler's history as a frustrated painter and his strong feelings about the difference between



This empty frame at the Louvre epitomizes the havoc Germany wreaked.

"traditional" art and the modern trends that he considered "degenerate." Once in power, he and his underlings created an extensive wish list of art objects that he sought

to plunder from soon-to-be vanquished countries.

The film shows how German occupying forces methodically stole art from every nation they conquered. They also set out to destroy the art of their cultural enemies and racial "inferiors," dynamiting castles in Poland, shelling museums in Russia and eradicating all evidence of Jewish life.

"Europa" also follows contemporary efforts to retrieve stolen art. We see a Utah museum relinquish a painting to its rightful owner. But one archivist estimates that more than 50,000 objects and artifacts have vanished, retreated into a black market or been sold to unsuspecting buyers. And that figure is from Poland alone. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

GET OUT THE CAMPBELL'S

Over the next three nights, **ANDY WARHOL'S FACTORY PEOPLE** (8 p.m., Ovation) offers a history of Warhol's loft and eccentric entourage.

A STUDY IN CONTRASTS

On two repeats of **ANTHONY BOURDAIN: NO RESERVATIONS** (Travel): Ireland (8 p.m.) and Ghana (10 p.m.).

OR IS IT STRATEGY?

A change in tactics on **HOW I MET YOUR MOTHER** (8:30 p.m., CBS).

DON'T YOU HATE THAT?

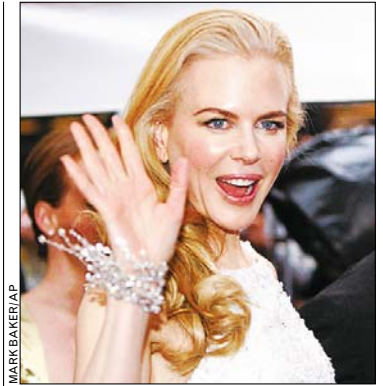
An eclipse sparks a power shortage on **HEROES** (9 p.m., NBC).

PLOT FOILED

VALKYRIE: THE PLOT TO KILL HITLER (10 p.m., History) recalls the cabal of German generals led by Claus von Stauffenberg, who tried to kill the dictator on July 20, 1944. This story will be the subject of a forthcoming film starring Tom Cruise.

MMM, THANKSGIVING

Shirley gets a Thanksgiving dressing



Nicole Kidman, who refuses to age, promotes "Australia" on "Letterman".

down pat on **BOSTON LEGAL** (10 p.m., ABC).

STARLIT EVENING

Actress Nicole Kidman, actor Simon Baker and rapper Kanye West appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

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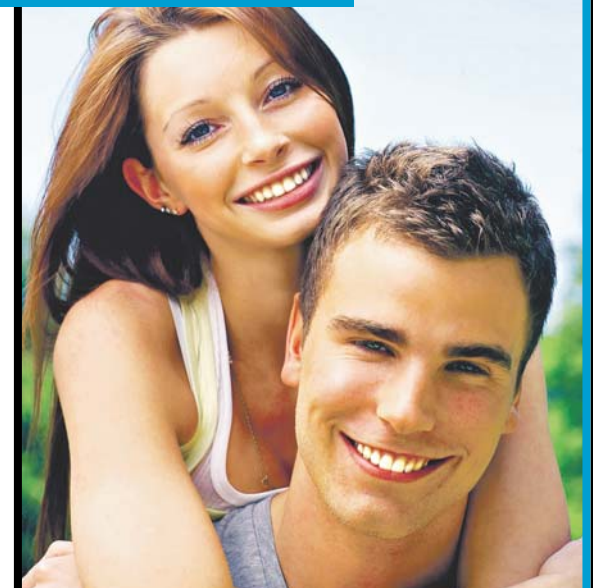
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Metal Crashes, Burns

G N' R's new album isn't just so-so — it's downright unlistenable

FOR MORE on the earache that is "Chinese Democracy," visit Expressnightout.com

MUSIC | That W. Axl Rose is a mental case is undeniable. He agonized over the completion of Guns N' Rose's "Chinese Democracy," but he also had the luxury of going down the creative rabbit hole for more than a decade while being sucked ever deeper by the multitude of brain-numbing options modern recording provides. Meanwhile, the rest of us have grown older, worked harder and watched our retirement accounts go "poof."

All this is to say that if "Chinese Democracy" came out in the 1970s, it would have been considered cultural class warfare. You know how the punks condemned progressive



Oh, Axl Rose, your braided hair is like your latest music — awkwardly irrelevant.

rock for its bloated everything, its disconnect from everyday tribulations and its prioritization of technique over emotion? That is

"Chinese Democracy" in a nutshell.

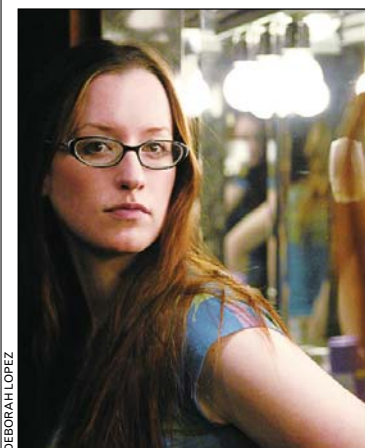
Even if it came out before 2008, it's hard to imagine a time when

"Chinese Democracy" would ever be relevant; the album was crafted over too long a period to be considered an opened time capsule. It's more like a ripple in the space-time continuum in which 1980s hair ballads ("Street of Dreams," "Catcher in the Rye"), 1990s NIN-inspired nu-metal electronica ("Chinese Democracy," "Shackler's Revenge," "Better") and '00s kitchen-sink eclecticism ("Riad N' the Beduins," "If the World," "There Was a Time") converged into an awful mess.

So, while it's difficult to have sympathy for Rose's self-imposed torture, there was reason to hope he could deliver a record that, even if it wasn't great, would be a fascinating album to study, a flawed work of art that would require repeated spins in order to uncover clues to Axl's misery.

Unfortunately, "Chinese Democracy" is unlistenable. **CHRISTOPHER PORTER (EXPRESS)**

thescene



Ingrid Michaelson performs her subdued pop at the Birchmere Tuesday.

TUESDAY

Ingrid Michaelson: She's more than just a song in an Old Navy commercial. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$25; 703-549-7500.

Kenny Lattimore: R&B vocalist with a set of pipes to be reckoned with. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$35; 202-337-4141.

Honey Brown Eyes: A play about soldiers in two Bosnian cities. Theater J, 1529 16th St. NW; through Nov. 30, various times, \$20-\$42; 800-494-8497. (Dupont Circle)

Go Home Robot: Spastic psych-rock. Iota, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$10; 703-522-8340. (Clarendon)

WEDNESDAY

Altar Boyz: A boy band with heart tries to make it to the big time in the Big Apple in this musical. Bethesda Theatre, 7719 Wisconsin Ave., Bethesda; through Nov. 30, various times, \$25-\$75; 301-657-7827.

Marnie Stern: She's not afraid to go crazy on her guitar. DC9, 1940 Ninth St. NW; 8 p.m., \$10-\$12; 202-483-5000. (U St.-Cardozo)

Marva King: Soul singer with a dazzling voice. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$25; 202-337-4141.

THURSDAY

Thanksgiving Day Trot for Hunger: Run, then eat. West Potomac Park, west of 17th Street and south of Constitution Avenue, 8:30 a.m., \$23; 202-797-8806. (Smithsonian)

Explore our searchable list of the area's events, venues, restaurants and movies at Expressnightout.com/thescene.

topstops



Sondre in Real Life

If you've seen the mediocre Steve Carrell indie comedy "Dan in Real Life," you've heard jazzy indie Norwegian Sondre Lerche, who composed the score. Lerche was raised on '80s pop, thanks to his older siblings, but, luckily, his own music has a jazzy edge to it. You might have missed it in the movie, however, as

you probably spent the whole time trying to understand why Michael Scott was being so darn serious all of a sudden. Trust us: Lerche's quirky but moving soundtrack fit perfectly. You can catch him playing these and other songs on Monday at the 9:30 Club. **KELSEY PARRISH**

→ 9:30 Club, 815 V St. NW; 7 p.m., \$15; 202-265-0930. (U St.-Cardozo)



Bird Is the Word

Want to put that holiday cheer to good use before becoming a snoring sack this Thursday? Head to the District of Columbia Jewish Community Center on Monday and Wednesday to pitch in for the ninth annual Everything ... but the Turkey event, at which 400 volunteers will prepare holiday meals for the 2,000 residents of the Community for Creative Non-Violence homeless shelter. Signing up in advance is strongly encouraged. K.C.

→ D.C. JCC, 1529 16th St. NW; Mon. and Wed., 5:30-8:30 p.m., \$13; 202-544-7077. (Dupont Circle)



Symphony of Lights

Turkey Day isn't here just yet, but that doesn't mean the holiday commercials haven't started already (We're talking to you, Wal-Mart!).

So, in that, uh, spirit, it only seems fitting for us to inform you that the Symphony of Lights kicks off today. Now in its 15th year, the annual event in Maryland's Symphony Woods features more than 70 larger-than-life light displays. Proceeds benefit the Howard County General Hospital. k.c.

→ Symphony Woods, 10475 Little Patuxent Pkwy.; Columbia, Md.; through Jan. 4, 6-10 p.m., \$20 per vehicle up to 11 passengers, \$35 (12-24 passengers) and \$125 (25 or more).

Classifieds

JOBS

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Milestone Hospitality Management, a hotel management company, is seeking individuals with clerical accounting experience for its hotels in Silver Spring, Maryland. Responsibilities include batching accounts payable, accounts receivable, and general cashing. Hotel accounting experience preferred. Please send resume by email to: kelly.hawkins@hilton.com.

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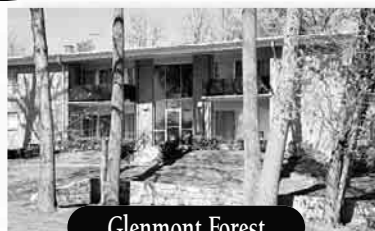
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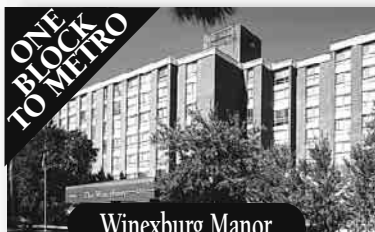
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Health

A Florida spa gives clients the chance to exercise their minds

Seniors in this retirement hot spot diligently packed the local Y, sweating to keep their bodies in shape. But after their workouts, several couldn't remember where they put their car keys.

Watching this scenario unfold, neurotherapist George Rozelle thought: Wouldn't it be great to have a health club where people could keep their brains fit? And so it was born: the Neurobics Club in Sarasota, Fla.

The center uses computer programs and other gadgets that stimulate the brain to help those who feel they aren't as sharp as they used to be, or, as Rozelle puts it, people who are understressing their brains. Some doctors are skeptical about such programs' benefit and cost, but Rozelle isn't deterred.

"The fun part of this field is that it's growing rapidly. There's a lot of interest now in healthy aging," Rozelle says. "The baby boomers are getting older, and they're not liking it."

"The fun part of this field is that it's growing rapidly. There's a lot of interest now in healthy aging."

GEORGE ROZELLE, NEUROTHERAPIST

Dr. David Loewenstein, a University of Miami brain disorders researcher, said there's much interest in any therapies that could help keep aging brains quick. With 78 million baby boomers beginning to hit their 60s, "there's a big market for these sort of things."

"What do older adults have? There really isn't any medicine right now that prevents Alzheimer's disease. ... So, anything that can help

people with their cognition can be of tremendous interest," he said.

Still, experts caution there isn't a lot of proven science behind much of this stuff yet.

The U.S. market for home computer software aimed at brain fitness grew to \$225 million in revenues in 2007, according to a SharpBrains report, up from an estimated \$100 million in 2005. The research and advisory firm forecasts the market burgeoning to \$2 billion by 2015.

Rozelle's "spa" uses a variety of tools, from high-tech reclining chairs that simultaneously stimulate several senses to a dark, quiet flotation tank that shuts out any stimulation. These mimic the stress-relaxation routines familiar to athletes. Along the wall in one room are computer stations with programs that call on a host of cognitive skills, like memory, computation, decision-making and critical thinking. In another room, a chair reclines to a zero-gravity position, thought to evenly distribute a person's blood pressure and take stress off the spine.

The Neurobics Club is housed at Rozelle's clinical practice, the Mind Spa. After an initial consultation to develop a tailored training plan, clients can buy a \$50 monthly membership and have unlimited

use of the equipment. Since it opened in 2007, about 50 people have joined.

Among them is Genie Hindall, 66, who joined after her husband starting having problems with his short-term memory and executive functions. Hindall wanted to take some preventive steps with her own mental acuity, saying: "I feel like I'm having to do a lot of thinking for two people now."

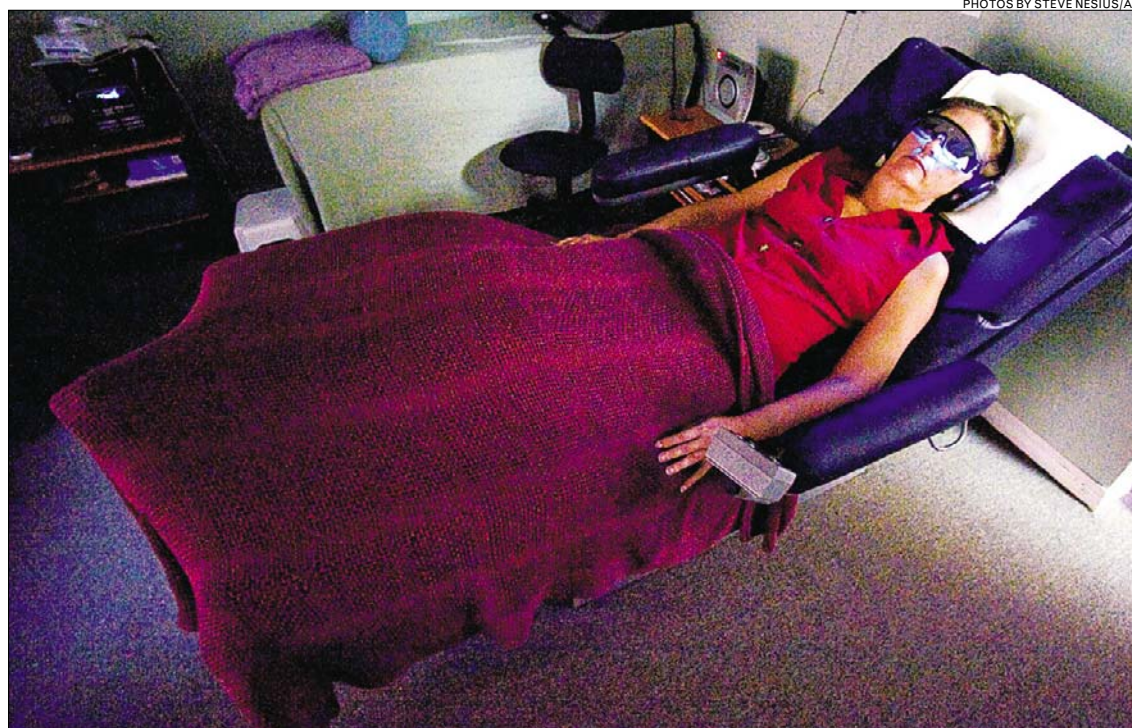
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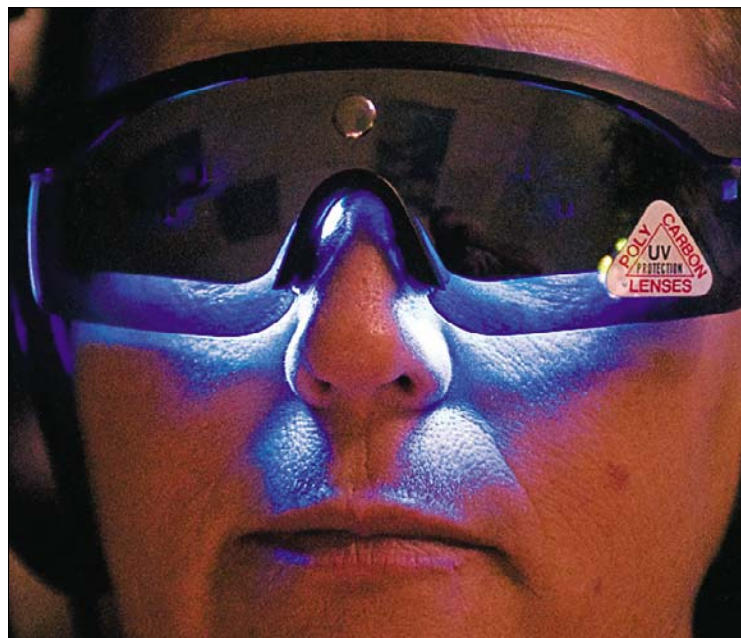
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MENTAL WORKOUT: Sandy Camus relaxes in a chair that rotates at a neurowave station at the Mind Spa in Sarasota, Fla.

Train the Brain



Sandy Camus wears goggles that emit flashes of light to lull her into meditation.

About once a week, the former educator makes the 55-mile round-trip from her Englewood, Fla., home to downtown Sarasota, where the Mind Spa is located.

Hindall sits in front of a computer for 45 minutes, doing exercises like trying to remember sequences of numbers seven long. She then lies down on the neurowave chair for half an hour. She dons goggles that emit flashes of light and headphones that play soothing music, as the chair rotates in figure eights, rocking her into a meditative state.

"There's a calmness, and everything seems to go out of my mind," Hindall says. "I just look at that as my quiet time."

Medical authorities say consumers should be aware that many brain-fitness activities cannot promise specific results.

"For a lot of these things, there's not a broad-based demonstration that they'll work, there's a more general, 'Exercise is good,'" says Dr. Carl Eisdorfer, a geriatric psychiatrist who heads the University of Miami's Center on Aging.

"I think we're at the point now where we have to be cautious about how we approach it and not oversell the idea," Eisdorfer said.

RASHA MADKOUR (AP)

LOOK out Online

express
nightout

>> EXPRESSNIGHTOUT.COM

MUSIC

Some Salvation

The Capitol is in ruins on the cover of Coliseum's invigorating 2007 CD, "No Salvation." The amazing hardcore-punk band plays at the Black Cat on Tuesday, and Christopher Porter spoke to guitarist-vocalist Ryan Patterson about post-election politics and music. | COMING UP



CD REVIEW

Automatic Tunes

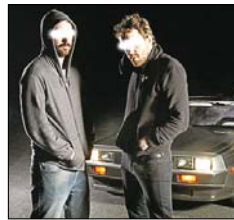
On T.I.'s "Swagger Like Us," the rapper praises Kanye West "for diversity." But Roxana Hadadi guesses T.I. didn't listen to West's new "808s and Heartbreak" before writing the line at hand — because the superstar's latest is anything but diverse. Instead, it's slick, bland and slathered in Auto-Tune. | COMING UP



MUSIC

Sharp Glam

The Gay Blades may or may not "mean it, man," but Clark Westfield and Puppy Mill do play super-catchy guitar pop with a sense of glamour, trash and humor. The duo plays DC9 on Monday, and Christopher Porter spoke to Westfield. | COMING UP



poll center

RESULTS FROM FRIDAY'S QUESTION

HAVE YOU BEEN CAUGHT UP IN THE RECENT WAVE OF INTEREST IN VAMPIRES IN POP CULTURE?

NO 85%

YES 15%



"I am utterly hooked on the 'True Blood' series on HBO. I will probably wear out my On Demand watching the episodes over and over until they go away. I wasn't interested much in vampires before."

COMMENTER VEGGIETART, RESPONDING TO FRIDAY'S POLL CENTER QUESTION, "HAVE YOU BEEN CAUGHT UP IN THE RECENT WAVE OF INTEREST IN VAMPIRES IN POP CULTURE?"

"I'm very excited

to see 'Twilight,' but I'll wait for it to come out on DVD so I can get it on Netflix. There's no way I'm going to pay \$10 to see it."

COMMENTER TEAM EDWARD, WHO ADDED, "THE IDEA OF LOVE BETWEEN A VAMPIRE AND A YOUNG MORTAL GIRL IS GREAT."

"I'm an old-school

'Buffy the Vampire Slayer' fan, but I have completely missed the 'Twilight' craze."

COMMENTER LISA A., WHO ADDED, "I'D NEVER EVEN HEARD OF 'TWILIGHT' UNTIL NOW. I'M INTO IT BUT NOT CAUGHT UP IN IT."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"If you are going to go [through] the trouble of making a plan and hiring people, you might want to go ahead and enforce the new rules."

WHYIHATEDC.BLOGSPOT.COM DOES NOT THINK THE TAXICAB STAND IN ADAMS MORGAN IS EFFECTIVE AT ALL, AS TAXIS STILL PICK UP PEOPLE ANYWHERE THEY FIND CONVENIENT.



"I've been learning how to make bread, which was something I never bothered with before, but with bread clocking in at \$4 a loaf for anything with fiber in it, it's all old-school around these parts for the foreseeable future."

MISSIVESFROMTHEBIRDCAGE.VOX.COM HAS FOUND WAYS TO CUT COSTS DURING THE HOLIDAY SEASON.

"So [the girls] will be going to Sidwell Friends. I will not be one of those outraged that the Obamas didn't enroll their girls in public school."

DCTEACHERCHIC.BLOGSPOT.COM FIGURES THE SECRET SERVICE WASN'T TOO HAPPY TO HEAR THAT THE FIRST DAUGHTERS WILL BE ATTENDING SEPARATE CAMPUSES.



"SO FAR, [THERE'S] LOTS of egg on the faces of [Rush] Limbaugh and [Sean] Hannity as they were screaming that flaming left-wing, communist-like radicals would be assigned to the Obama cabinet. So far, that has not proven to be the case at all."

TARIQNELSON.COM ADDS, "EVEN [SENATE MINORITY LEADER] MITCH MCCONNELL SAYS [OBAMA] IS OFF TO A GOOD START."

Discussions

The TV Column

TV columnist **LISA DE MORAES** was online Friday and critiqued Simon Baker of CBS' "The Mentalist," commented on the ridiculousness of the "ER" episode featuring Anthony Edwards and had a few things to say about Rosie O'Donnell.

Please tell me why I find Simon Baker on "The Mentalist" so irresistible! Is it the smile? Is it the hair? Is it the 24/7 vests? Is it the wounded swagger? I hope I don't relive that episode in my life as a 12-year-old Simon McCorkindale fan, bursting into tears, when "Manimal" was canceled.

Because he is the king of prime-time yumminess. There, I said it. The vests could go — a little too Oli-

ver Twist for my taste — but I'm confident it has something to do with his character, which will be revealed in a very special episode during the May sweep — like his dead wife made all his vests or something.

I didn't catch Anthony Edwards' return to "ER" this week but am dying to know: How did they write back in a character who died of a brain tumor?

Flashback, pookie. Great TV tradition. If they had an ounce of creativity left on "ER," they would have brought him back dead to have sex with whoever was that week's most demented chick on the show.

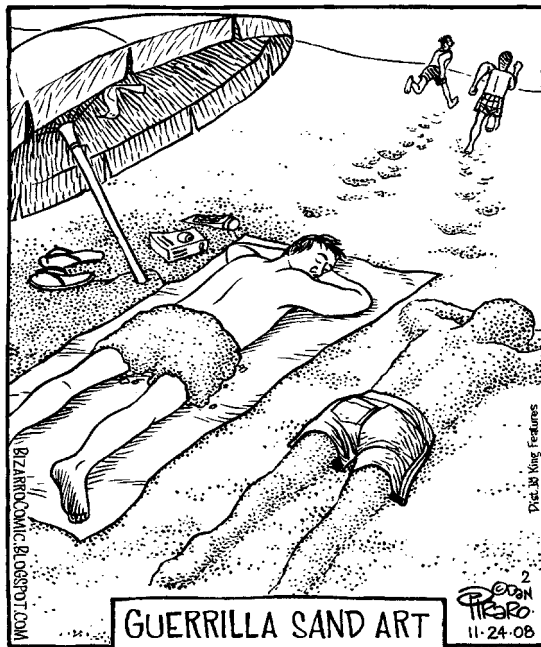
Are the press conference promos for the new Rosie O'Donnell show supposed to be funny? Do they really think the public is going to believe that a roomful of TV reporters don't know who she is? I guess NBC wants

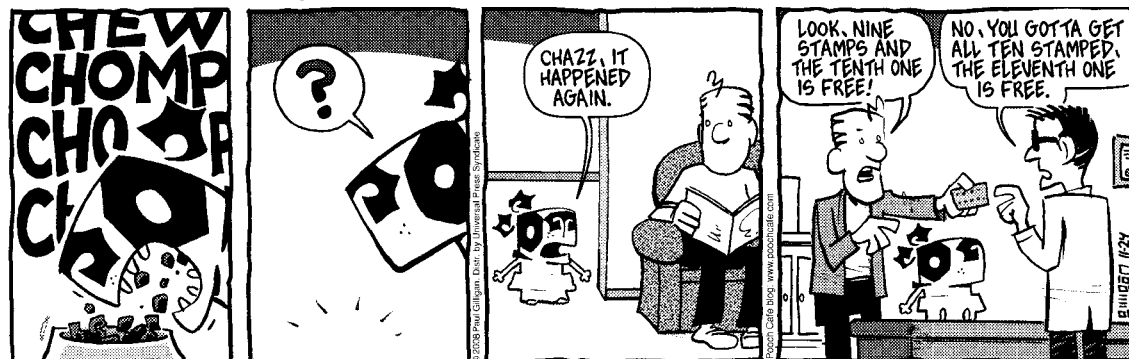
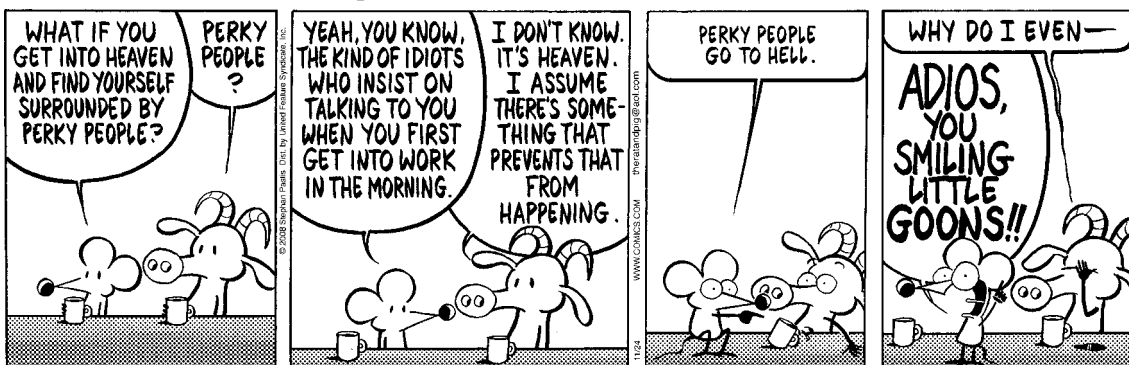
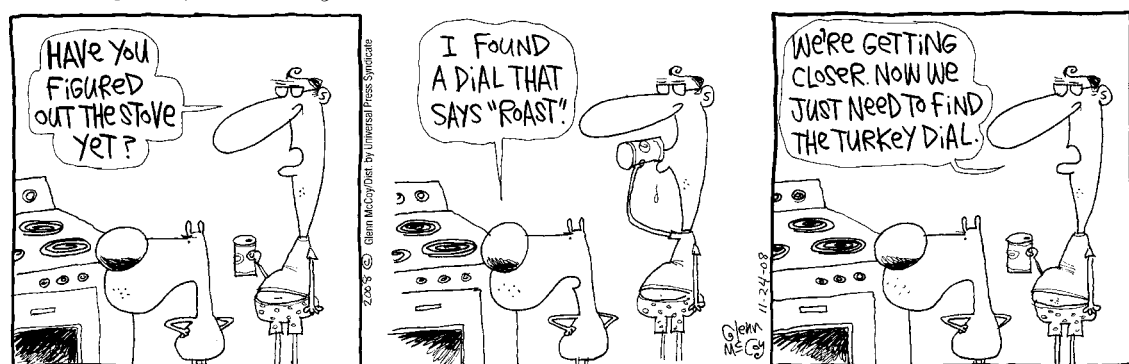
us to remember back to when she was "Queen of Nice" instead of the angry, feuding persona she's developed. Clearly, you were not going to watch anyway, so these promos are not for you. NBC is trying to convince people who liked "Nice Rosie" that she's back. We'll see how many people buy it.

How come I can watch all the episodes of "Lost" on Abc.com but CBS does not keep all the episodes of "The Mentalist" on its site?

It's easy for ABC to put "Lost" on Abc.com because ABC parent Disney produces the show. When a network airs a show its parent company does not produce — "The Mentalist" is from Warner Bros. — things get trickier.

TODAY ON DISCUSSIONS: Food Network host Ina Garten answers questions about entertaining in the busy holiday season ahead at noon. | washingtonpost.com/discussions.

Bizarro | Dan Piraro

Cornered | Mike Baldwin

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) You may be misinterpreting the facts at this time. As a result, certain issues may become quite volatile. It's up to you to keep things calm.

CAPRICORN (Dec. 22-Jan. 19) You're not as outgoing as some, but you will find a voice when you need it—and others are sure to be influenced by what you have to say.

AQUARIUS (Jan. 20-Feb. 18) Your dreams may seem out of reach as the day begins, but a chance encounter is likely to bolster your hopes and inspire you to strive harder.

PISCES (Feb. 19-March 20) Your organizational skills will serve you and others well, but it's your ability to improvise that will really pay off as the day wears on.

ARIES (March 21-April 19) Begging is not the way to get back into someone else's good graces. Be confident, secure and willing to talk openly and honestly.

TAURUS (April 20-May 20) Organization is the key to your ultimate success. Take advantage of any opportunity to gain more control of your own affairs.

GEMINI (May 21-June 20) You're sure to enjoy a rich, rewarding interaction with a Scorpio or Leo native. Take care that you don't get completely swept away.

CANCER (June 21-July 22) Your freedom may be at stake, so don't hesitate to talk about anything that you feel is a pivotal issue. Stress autonomy, independence.

LEO (July 23-Aug. 22) Your reaction to a worldwide development says a great deal about your progress at this time. Share your views.

VIRGO (Aug. 23-Sept. 22) Follow your dream and you'll likely wind up in a surprising place—one that affords further discoveries and a shot at the big time.

LIBRA (Sept. 23-Oct. 22) This may be that big day you've been waiting for—but to enjoy it to the fullest, be willing to make a small sacrifice.

SCORPIO (Oct. 23-Nov. 21) You may be held accountable for something that is, in fact, not your fault. Take the time to explain yourself calmly, reasonably, and clearly.

Letters

Express Perfect for Venting

CHARISMA WILLIAMS IS missing the point entirely ("Rant to Metro, Not Express," Nov. 21). Express is the perfect venue for venting about Metro. It seems to me Kate Maisel ("Why Listen to Metro Drivers?,"

Nov. 20) and her husband have better things to do [than wait around for trains], like pick up their children on time. A little constructive criticism—published in a newspaper that is read by Metro riders and drivers—makes much more of an impact than any amount of letters to Metro's headquarters.

—CONNIE BECK
Manassas, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1859 British naturalist Charles Darwin publishes "On the Origin of Species," which explains his theory of evolution.

1944 During World War II, U.S. bombers based on Saipan attack Tokyo in the first raid against the Japanese capital by land-based planes.

1963 Jack Ruby fatally shoots Lee Harvey Oswald, the accused assassin of President Kennedy, in a scene captured on live television.

1971 Hijacker "D.B. Cooper" parachutes from a Northwest



Ruby, right, shoots Oswald in 1963.

Airlines 727 plane over Washington state with \$200,000 in ransom.

2003 A jury in Virginia Beach, Va., sentences John Allen Muhammad to death for the Washington-area sniper shootings.

LOOKout People



Johnny Depp can also cause wildfires.

DETOURS Civic Planning Derailed By Devilish Good Looks

Wisconsin is holding the bag following a movie shoot involving **JOHNNY DEPP**. During filming of "Public Enemies," highway traffic was diverted away from the center of Columbus. The detour road couldn't stand the load and collapsed. (AP)

FUNDRAISING Also Discouraged: Brutal Charity Muggings



MICHAEL LOHAN was to fight in a charity boxing match until parole officials stepped in. The board frowns on Lohan's participation because he spent 20 months in prison for attempted assault. (AP)



MARVIN JOSEPH/TWP

2004 So Not Fleeting

The FCC has asked the U.S. Supreme Court to review the indecency case over **JANET JACKSON**'s 2004 Super Bowl performance. The FCC appealed a ruling by the 3rd U.S. Circuit Court of Appeals, saying that court was wrong to throw out the case. The appellate court cited the FCC's practice of not considering objectionable images indecent if they are "fleeting." (AP)



Y'ALL Brit Enters Formal Plea For Plural 2nd-Person Pronoun

BRITNEY SPEARS appeared in court unexpectedly Friday for a hearing in her ongoing conservatorship. The singer gave an update on her upcoming album, "Circus," and detailed her tour and other promotions. Her

Even the French have one, Britney argued.

father, Jamie Spears, has had control over his 26-year-old daughter's personal and financial affairs since February. The court made the arrangement permanent last month, but Spears can petition to end the arrangement. (AP)

LAWSUITS Barker Sues Plane Maker

TRAVIS BARKER on Friday sued companies linked to a plane that crashed in South Carolina, injuring him and killing two friends. The former Blink-182 drummer sued the plane's owners and an airplane maintenance company, seeking more than



\$25,000 in damages. Barker's suit claims the companies improperly operated and maintained the Learjet that overshot a runway and burst into flames on Sept. 19. (AP)

PERKS Compulsory Military Service Beats Gift Baskets Any Day

CHRIS ROCK and Ben Stiller, in Israel for the premiere of the latest "Madagascar" film, praised their host country. "This is better than any premiere we have had so far," Stiller said. Rock added, "It's much better than Hollywood. They don't like us in Hollywood, but here they love us." (AP)

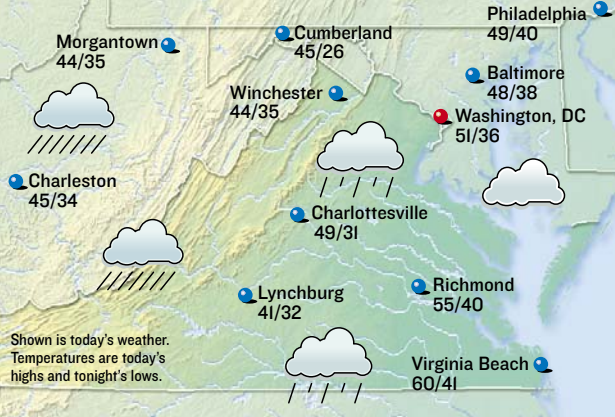


Israel: Better than Los Angeles traffic.

5 Day Forecast for the Washington Area

Today	Tonight	Tuesday	Wednesday	Thursday	Friday
51°	36°	47° / 32°	46° / 33°	47° / 34°	47° / 34°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Sun.
Temperature
High 41°
Low 27°
Normal high 55°
Normal low 38°
Average humidity 37%

Precipitation

24 hours ending 4 p.m. 0.00"
Month to date 1.61"
Normal month to date 2.33"
Year to date 42.70"
Last year to date 29.54"
Normal year to date 35.71"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

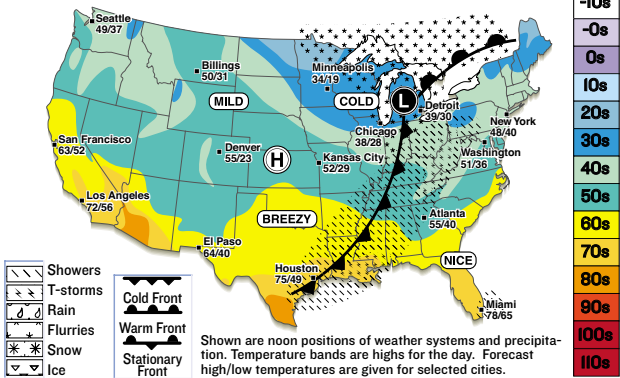
D.C. Metro: Today, increasingly cloudy, rain late. High 51. Wind south 6-12 mph. Tonight, cloudy, rain. Low 36. Wind southwest 7-14 mph.

Sun and Moon

Sunrise today 7:01 a.m.
Sunset tonight 4:49 p.m.
Moonrise today 4:08 a.m.
Moonset today 2:44 p.m.



National Weather for Monday, November 24



National Cities

City	Today	Tues.
Atlanta	55/40/sh	57/33/s
Boston	47/40/pc	48/37/r
Chicago	38/28/sf	39/25/pc
Dallas	65/41/s	67/45/s
Denver	55/23/s	54/25/s
Honolulu	83/71/c	84/71/s
Los Angeles	72/56/pc	68/54/r
Miami	78/65/s	80/63/s
New York City	48/40/pc	46/33/r
Orlando	76/56/pc	74/48/pc
Seattle	49/37/c	49/37/c

World Cities

City	Today	Tues.
Amsterdam	38/35/pc	45/33/c
Athens	56/55/sh	67/58/s
Berlin	35/24/c	33/24/pc
Buenos Aires	88/70/pc	91/72/pc
Calgary	49/24/pc	43/26/pc
Dublin	46/37/sh	48/39/pc
Geneva	41/31/sh	33/22/sn
Moscow	30/24/sn	30/23/sn
Rome	55/48/r	56/45/c
Sydney	70/59/pc	68/61/pc
Tokyo	57/50/r	59/46/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

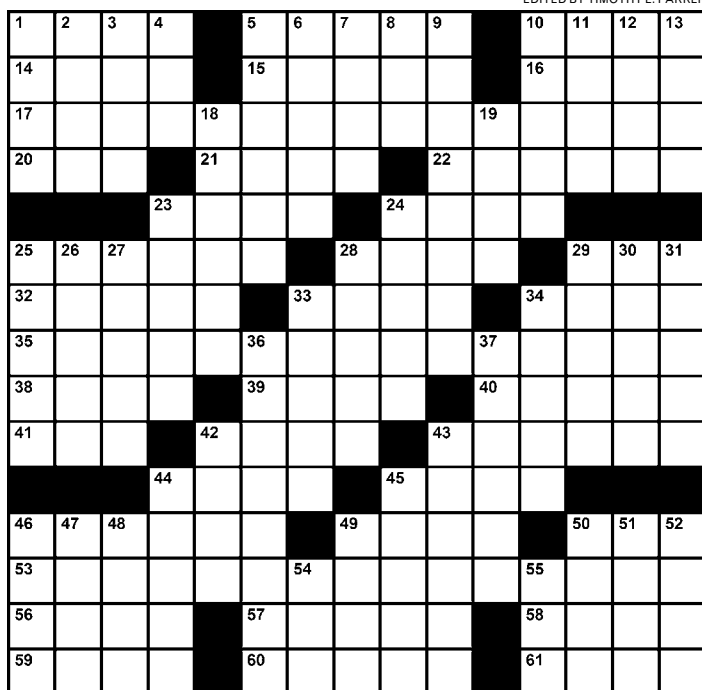
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ACROSS

- 1 Edible pocket
5 Frog removers?
10 Open, but just
14 Rumpuses
15 Buick fit for a king?
16 Closeout, e.g.
17 Ready
20 Hoarder's goal
21 1969 World Series champs
22 In need of laundering
23 Storage compartments
24 Blacken on the grill
25 Blue shade
28 It may be followed
29 Part of a dehumidifier
32 One might stand up in court
33 Livestock abode
34 Davenport
35 Aim at
38 Binding material
39 Something that smells?
40 "Keep your ___ the ball!"
41 Two of nine?
42 Time of reckoning
43 How Yul Brynner acted?
44 Went over like a lead balloon
45 McIntosh discard
46 Lower-income
49 Like an academic point
50 Ginger adjunct

DOWN

- 53 Fire
56 Tries the wine
57 Like a graveyard at midnight
58 Sacrum or radius
59 Attempt at a carnival booth
60 School function
61 Several bits
1 What a junior might call a senior
2 Elvis, to some
3 "Double, double, ___ and trouble"
4 Obstinate equine
5 Impassioned
6 Tests the weight of
7 They cause swelling of the head
8 Blemish the finish of
9 Cutting, as prices
10 Like households after daybreak
11 Place to hear crime stories
12 Lily family relative
13 Tear apart
18 Martin Sheen's son
19 Paint unit
23 ___ breath (flower)
24 Irene, Marie or Pierre
25 Social class
26 Vegetable oil component
27 On-the-go meals
28 Out of line, in a way
29 Watched the birdie
30 "___ and his money"
31 Many a pram



EDITED BY TIMOTHY E. PARKER

pusher

33 Expansive

34 Baroque or rococo, e.g.

36 Half-starved

37 Fireplace floor

42 Nutritional

regimen

43 Knitted shoe

44 Smelting residue

45 Word with "strip" or "book"

46 Subdued

attention-getter

47 Part of B&O

48 "Sorry 'bout that!"

49 Early hours, poetically

50 Bluejacket's hail

51 It may be caught in a trap

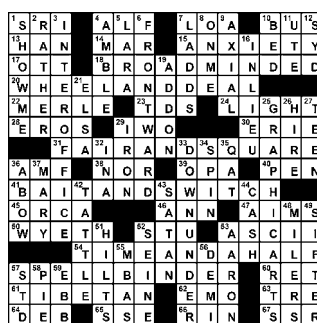
52 Of-fence-ive weapon?

54 Stephen of

"The Crying Game"

55 Partner of flow

Friday's Solution



© PUZZLES BY PAPPOCOM

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Friday's Solution

3	1	4	9	6	2	8	7	5
7	2	9	3	8	5	6	4	1
5	6	8	1	7	4	2	9	3
6	3	2	8	9	1	7	5	4
9	4	7	5	3	6	1	8	2
1	8	5	4	2	7	9	3	6
4	7	3	2	1	9	5	6	8
2	5	6	7	4	8	3	1	9
8	9	1	6	5	3	4	2	7

6								5
			9					7
	9	5		1	6	4		
		7	8	6		2		
9								5
		4		5	1	7		
		9	1	8		3	2	
	3			7				
	8							6

express

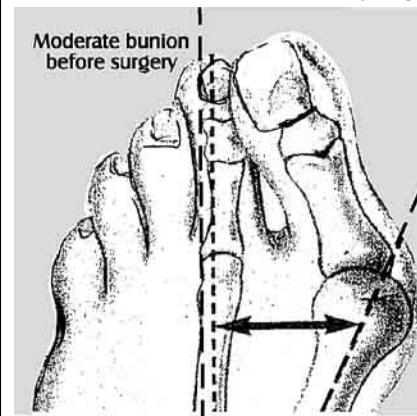
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Springfield II	6500 Springfield Mall • Springfield • Virginia	703•313•9227
Springfield III	6500 Springfield Mall • Springfield • Virginia	703•921•9216
Crystal City Underground	1755 Jefferson Davis Highway • Arlington • Virginia	703•413•4500
Manassas Mall Kiosk	8300 Sudley Road • Manassas • Virginia	703•530•0066
Beacon Mall	6700-10 Richmond Highway • Alexandria • Virginia	703•721•0800
Potomac Mills Inline	2700 Potomac Mills Circle • Dale City • Virginia	703•490•3518
Dulles Kiosk	21100 Dulles Town Circle • Dulles • Virginia	571•434•6900
Dulles Store	21100 Dulles Town Circle • Dulles • Virginia	703•450•3837
Spotsylvania Mall II	3102 Plank Road • Fredericksburg • Virginia	540•785•6994
Laurel Mall	14828 Baltimore Avenue • Laurel • Maryland	301•317•6200
Montgomery Mall	7101 Democracy Boulevard • Bethesda • Maryland	301•365•5600
Annapolis I	8150 Annapolis Mall • Annapolis • Maryland	410•224•3300
Wheaton Mall Kiosk	11160 Viers Mill Road • Wheaton • Maryland	301•946•6300
City Place	8661 Colesville Road • Silver Spring • Maryland	301•565•0050
White Oak	11213 New Hampshire Avenue • Silver Spring • Maryland	301•592•1470
F S K I	5500 Buckeystown Pike • Frederick • Maryland	301•620•1500
Hagerstown I	17301 Valley Mall Road NK2 • Hagerstown • Maryland	301•223•7881
Arundel Mills Mall	7000 Arundel Mills Circle • Hanover • Maryland	443•755•8700
Harford Mall	690 Bel Air Road • Bel Air • Maryland	410•420•7399
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Capitol Hill	660 Pennsylvania Avenue • Washington DC	202•546•8818
18th & L	1828 L Street • Washington DC	202•466•7777
Adams Morgan	1770 Columbia Road, NW • Washington DC	202•560•5522
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